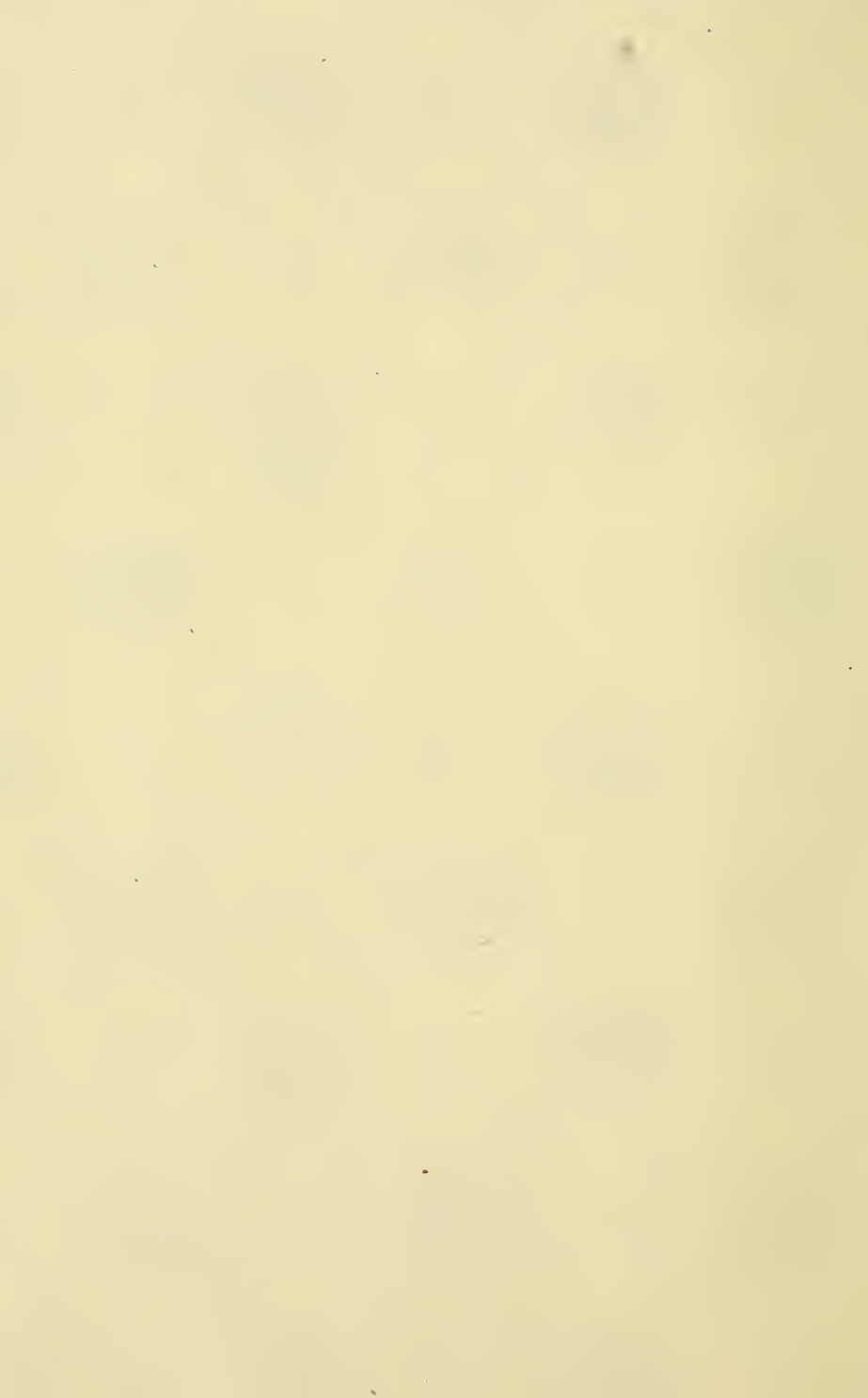


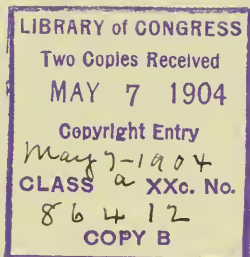
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	40 .08		40 .48		40 .88		40 1.28		40 1.68
25	60 .15	125	60 .75	225	60 1.35	325	60 1.95	425	60 2.55
	40 .10		40 .50		40 .90		40 1.30		40 1.70
30	60 .18	130	60 .78	230	60 1.38	330	60 1.98	430	60 2.58
	40 .12		40 .52		40 .92		40 1.32		40 1.72
35	60 .21	135	60 .81	235	60 1.41	335	60 2.01	435	60 2.61
	40 .14		40 .54		40 .94		40 1.34		40 1.74
40	60 .24	140	60 .84	240	60 1.44	340	60 2.04	440	60 2.64
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45	60 .27	145	60 .87	245	60 1.47	345	60 2.07	445	60 2.67
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60	60 .36	160	60 .96	260	60 1.56	360	60 2.16	460	60 2.76
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65	60 .39	165	60 .99	265	60 1.59	365	60 2.19	465	60 2.79
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SANITARY RULES AND REGULATIONS FOR BARBERS.

FIRST—Absolute cleanliness in every detail of work and environment is the underlying principle of tonsorial sanitation.

SECOND—The methods of enforcing the above principles should be simple, safe, effectual and convenient in application.

THIRD—For cleaning purposes usually strong soap and hot water will meet most of the requirements.

FOURTH—Towels and linen should be thoroughly boiled when laundered and kept in places secure from dust and other impurities and frequent handling. Brushes, combs, shaving cups, razors, sponges and soaps should be kept in clean glass cases, and never used without being thoroughly cleansed with soap and **HOT RUNNING WATER**, the brushes afterwards dipped in 95 per cent alcohol if desired.

FIFTH—In shaving or cutting the hair of customers who have eruptions of the scalp of face, particular attention should be paid to cleaning everything used on them, with due reference to antiseptics. In these cases sponges, brushes and combs thoroughly boiled or disinfected with a 5 per cent solution of carbolic acid before being again used. The razor can be made safe by washing in running water with soap and wiped with gauze wet with alcohol.

SIXTH—When extraordinary precautions are required, either of the following solutions may be used to advantage for antiseptic purposes:

1—Alcohol (Pure), 95 per cent proof.

2—Lysol (L. & F.), 25 per cent solution.

3—Pyrozone (McK. R.), 2 per cent solution.

4—Hydrogen Dioxide (Oakland), 1 part to 9 parts boiled water.

5—Bensolyptus (Schieffelin)' 1 part to 6 parts of boiled water.

SEVENTH—In case of dandruff or eruptions of the scalp, a food tar soap (Packer's preferred) would prove serviceable.

EIGHTH—For disinfecting cuspidors or other vessels, Platt's Chlorides are recommended as safe and efficacious in the proportion of one to eight parts of water, but they should first be cleaned daily by flushing them under a hydrant or hose.

NINTH—Pulvola, being an impalpable and antiseptic powder, could be used with advantage on an irritable skin in place of the cheap talcum powders now in use.

TENTH—The barber should wash his hands in running water before handling each customer. After stropping his razor, it should be wiped with gauze or cotton wet with alcohol before putting it on a man's face.

ELEVENTH—Hair brushes should be **THOROUGHLY STERILIZED** by baking for a few moments after each use in a small tin oven 4x10 inches, and should be washed thoroughly with strong soap under hot running water every day.

TWELFTH—Sea sponges should be discarded and replaced by a clean towel or Surgeon's gauze (costing only 15 cents for five yards). It is absolutely necessary that a clean unused towel be used on each customer.

CAUTION—When using water to clean with it should be running water.

Approved by **THE STATE BOARD OF HEALTH OF MISSOURI.**

P R E F A C E.

My sole object in publishing this book, as an instructor for barbers; is to raise the standard of the tonsorial profession, and to render the executions of the tonsorial artist more satisfactory to the customer than ever before. I myself, have often times needed such a book, therefore, I desire to place this book in the hands of those wishing to learn the trade, and those already in the business who wish to become more proficient in the art. This book contains the most valuable receipts known to the barber, or tonsorial fraternity. I have used the preparations contained herein, in my business for many years. The preparation of these articles in your shop, for sale, will greatly increase your yearly receipts, if they are properly compounded and put up in nice showy bottles neatly labeled. In fact I have known barbers to make a handsome profit on one or two of these preparations, such as Cream of Rose, Hair Invigorator, Tonic, Etc. The author gives more exact information to the barber, or tonsorial artist, than any other book published on this subject. Hoping this work will meet with your appreciation, approval and indorsement, I remain,

Yours sincerely,

Frank C. Bridgeford

EXPLANATORY.

We are prompted in getting out this revised edition by the immense success we have had with our former edition. It is our purpose to make it a little more elaborate, and publish it for the benefit of barbers, who wish to become more proficient and thoroughly up-to-date in this work, and those wishing to become barbers, or students.

One of the principal events that has been instituted since the publication of our first edition is the Facial Massage, which has been of great benefit to barbers throughout the country, as well as to their customers, enabling barbers in many cases to double their income.

In the following pages, we have endeavored to give a complete course of instruction for its scientific application.

In this edition, we shall publish the Barbers' Law that is now in effect in Missouri and Kansas, and which is very similar to the laws in several other states.

A number of new formulas which have been used very successfully will be inserted in this book.

We have recently made a trip through the east and find that they are very much behind the western country in regard to barbering. They still cling to the old methods used years ago. Their shops, on an average, are not up to the standard of the shops throughout the middle west.

A Sketch of Our Past.

The author of this sketch, and the person being responsible for the publication of this book, was born in the State of Illinois in the year 1856. The early part of his childhood was spent on a farm. Being thrown on his own resources at an early age, he began to cast about for some trade or profession. Being without the advantages of a collegiate education, of course a profession was out of the question. He first selected the jewelry business, but after working at it a short time, and not being particularly adapted to that kind of a trade, he began to look around for something else. Having had considerable taste for the barber trade when quite young, he purchased a pair of barber shears, comb and brush, and used to cut the hair for the neighborhood boys in the community where he lived, thereby giving him some experience along the line of hair cutting. Then he began to look for a place to work, where he could finish learning the trade in the proper manner. Of course, in these days there were no barber schools.

He tried to get in the shop in his own town, but the barber there could not use an apprentice to advantage. He spent considerable time around this shop, however, watching the barber work—this being the only shop in the town at that time. In a short time the opportunity seemed to favor him and he

went to the city. There he obtained a position as apprentice in a barber shop, where he gained some little knowledge of the business. He was never able to get much practice in shaving and cutting hair in this shop, as the barbers there did not care to allow him to practice on their customers, they wanting to do that work themselves, but they would let him lather and comb hair for them, but if he undertook to take a razor in his hand to shave anyone, they would immediately stop him and tell him he had not arrived at that point yet where he would be allowed to shave any one. One day both of the barbers happened to be in the next room, which was a billiard room, when a customer came in, a man in the livery business close by. He jumped into a chair and said, "boy, I want you to shave me." He intended to lather him and then call one of the barbers, as was customary, but the customer said, "I want you to shave me. Do not say anything or call the barbers. I want to see what you can do." The boy then went to work and shaved the man the best he could. By the time he had about finished, one of the barbers came in and said, "why didn't you call me?" The customer spoke up saying that it was at his request that the boy should shave him and he said, "by the way, it is the best shave I ever had in this shop, and I want this boy to shave me from this time on if I patronize this shop." After staying with them about

a year, he concluded to go into business for himself, and he therefore bought a small outfit and went to a small town in the interior of Illinois and started out for himself. He said at the time, that if he was ever in the position to assist a student or apprentice, or any one wishing to learn the barber trade, that he would do so. He has been in that position for the last ten years, owning and operating the Kansas City Barbers' College where he has assisted hundreds of young men in getting into business for themselves, giving them opportunities to practice the profession right from the start. No one knows any better, what draw backs there are in serving as an apprentice in the common ordinary barber shop, than he does.

Read what the Kansas City World has to say, under date of January 29th:

THE KANSAS CITY BARBER COLLEGE.

An Institution Where Tonsorial Artists Receive a Professional Education—Great Demand In the West for Good Men.

This day of manual training schools, when diplomas are requisite to success, there have sprung up in the west a number of training colleges. Prof. F. C. Bridgeford of this city, who conducts one of the largest training schools of that kind in the west, is accounted here as elsewhere one of the pioneers in

this branch of education. His college, known as the Kansas City Barber College, located at 503-505 Delaware street, was the first of the kind to take root and flourish in the middle west. From a modest beginning the institution has grown to be a significant factor in the community. Its present enrollment exceeds that of many older technical schools that instruct students in more than one branch of manual pursuits. The diploma has become a sign of good work and success in barber shops and patrons have come to look for its display much as clients and patients are wont to insist upon like certificates of fitness when they employ a lawyer or a physician.

In all the cities and towns of note, and many hamlets of Missouri, Kansas and neighboring states there are graduates of the Kansas City Barber College.

Their uniform success attests the efficiency of their training. Prof. Bridgeford's recent success is built upon the good will and business record of former students. He has but to point instances of the successful application of his methods to enforce the value of class training in the barber business.

The course provided for students at the Kansas City Barber College is such as to preclude the possibility of a man or woman obtaining a diploma undeservedly. It combines theory and practice. The student is given practice along with instruction on

the first day of his entrance to the school. During the entire course, which covers a period of six weeks, he is given the environment of a perfectly appointed shop, in which from 400 to 500 men daily are given tonsorial attention; and throughout his course he is tutored by efficient instructors in all the details of the pursuit. Skillful operation, the care of his tools, shop etiquette and the incidents of behavior that go to please patrons, the artistic in hair dressing and habits of studied cleanliness—these are some of the details of training with which students are imbued. The making of a barber is made an intricate process. It is this attention to the diversity of requirement that makes a college taught barber superior to one risen from mere apprenticeship.

The Kansas City Barber College enters this year upon the eleventh year of its career. Prof. Bridgeford, the head and manager of the institution, has had thirty-three years' experience as a barber, nearly a half of which time has been devoted to the teaching of others in the profession. Park P. Bridgeford, also an instructor in the college has had long years of experience, in which he especially equipped himself for the work of imparting his knowledge to students. The corps of instructors is made up of men who have not only skill, but in addition possess insight into accomplishments of manner and mind that are incidental to the business, but at the same time often

prove elements of success in the operation of shops.

In preparing for this years' work Prof. Bridgeford has arranged to enroll twice as many students as received any year previous. "The demand for good barbers in the middle west is greater now than ever," said he. "I know of no more propitious season than present to learn the business. Already barbers are turning towards St. Louis in order to be there during the fair. This movement has created vacancies all over this region. Any barber will be able to find lucrative employment this spring."

The Kansas City Barber College has issued an elaborate catalogue which it has mailed to several thousand prospective students in the west. It contains a plain statement of what the institution has accomplished and what it can do for students, written by Prof. Bridgeford, whose close personal attention to the affairs of his college is the surest guarantee of its continued success.

As this book is intended mostly for barbers and those wishing some day to become barbers, the author thinks it will not be out of place to give some little incidents and experiences that have happened to him in his long career in the barber business.

When I was running my first shop in Illinois, a most pleasing and amusing incident happened one

day. Robert J. Burdette, the humorous lecturer, was billed to lecture in town that night. Of course, I was naturally interested, as his subject was "The Rise and Fall of the Moustache." In the forenoon of the day he was to lecture, a very nice appearing gentleman of small stature came into my shop and got shaved, and in the conversation I asked, "are you going to hear Burdette tonight?" The gentleman said he thought perhaps he would. Then I asked him, "have you ever heard him before?" The gentleman replied, "yes, I have heard him." Being evasive, and not seeming to wish to continue the conversation, I said nothing more. You can imagine my surprise that night when I recognized Mr. Burdette as being the gentleman who was in my shop that morning. There was not much in his lecture that pertained to the barber business, except that he told of the timidity a young man experiences when he enters a barber shop for his first shave.

This also puts me in mind of another little incident of a barber shaving a customer one day. The barber was a very inquisitive fellow and always ready to ask questions of his patrons. He received quite a set back this day when he asked his customer how he had received a peculiar scar that was on the side of his face. The customer looked up at him rather soberly and said, "young man, I am paying you for a shave, and not to ask questions." It was noticed af-

terwards that the barber seemed to be less inquisitive.

I have met a great many barbers in my time, whose dispositions were so different, that is, some of the smooth workmen were of a retiring nature and not inclined to talk, while others being very smooth talkers, were poor workmen. However, to use a slang phrase, a little "con" helps along if you have goods to sell, and of course you try to sell them, and a good salesman sells goods to a person who really does not care to purchase. It is the same way with the barber. The barber must be smooth and try to sell his goods, which is shaving, hair cutting, etc., and which is his stock in trade. Of course he must not be too persistent, so as to aggravate his customer, but be nice and gentlemanly about it, and the customer will appreciate your endeavors and call again.

I have also found out that it is not a good idea in being too radical in talking politics or religion, as a great many times you will lose a customer on that account.

Being of a speculative turn of mind, I was not long in disposing of this shop and began looking for a better location. This is a mistake a great many barbers make in being too willing to sell a business when he thinks he is getting all that it is worth, and perhaps more, for sometimes when a person sells out his barber shop and a good paying business for \$200

or \$300; it will cost that much to get another location as good as the one he has just sold.

I remember looking up a location for a barber shop in Iowa one time. Looking up a location for a shop is not the most pleasant business in the world. You can always hear of some good location a little farther on, and after you get there, you usually find there is not very much to it. Speaking about looking up a location, I heard of a new town just started. There were three railroads entering this place, and it was recommended to be a first class location. After I arrived in the town, I found that they had had a very fair barber there, but he had sold out to a country boy who knew nothing whatever about the business. He had been there about two weeks, and during that time, had cut off the end of one man's nose with the heel of his razor, scarred up several others pretty badly, ruined several heads of hair, and of course the people there wanted another barber pretty badly, when I happened on the scene. I walked into the shop and said to the young man, "do you wish to employ a barber?" He replied, very sarcastically, "I do all of my own work." But he said he was building a new room and if I wanted to work that afternoon that I could have all that I took in. Being a little tired, I concluded to stay around awhile and see if there would be anything to do. In a few minutes a man came in the shop, whom I

shaved, and cut his hair. He, knowing the situation of things, went up the street and told the men in the different stores that if they wanted any work done that there was a good barber down at the barber shop now—some tramp just going through, and by the way, to use his language, “the best barber you ever saw.” It was not long before the shop was full of customers. The young man who owned the shop—it being a two chair shop—came in and walking up to the other chair said “next.” The customers said they were waiting for me. By 10 o’clock that night I shaved nearly all the men in town and cut their hair, taking in some \$8 or \$9. When I was ready to leave the shop, the barber asked me for his share. I said to him, “did you not agree to give me all that I would take in?” “Yes,” he replied, “but I did not think you were going to shave the whole community.” I tossed him a dollar as I went out, saying that was more than you would have made anyhow.

The banker of the town requested that I call at the bank after I got through, and when I reached there I found a number of the leading citizens waiting for me, ready to offer me any kind of an inducement if I would locate in their town, saying they would guarantee me \$75 per month right from the start. I concluded to locate there. They advanced me money to buy an outfit and get started in business and send for my family. I stayed in that town

a little over a year and cleared considerable over \$1000, banking the first month after I had located there, over \$100.

Still retaining this spirit of unrest, I sold out this place and went farther west with the intention of taking up government land, which I did. As my health had become somewhat impaired I concluded that outdoor occupation would be better for me for awhile. I pre-empted one hundred and sixty acres, and then took one hundred and sixty acres more under the Homestead Act, and also one hundred and sixty acres under the Timber Claim Act.

My health had now become fully restored and I concluded to get back in the barber business again, and therefore made arrangements to sell my land and I afterwards operated shops in Denver, Salt Lake and several coast points. Preparations were going on in Chicago for the World's Fair, and I made arrangements to be there during that time. From there I came to Kansas City, where I have since remained.

We have adopted a course of physical culture exercises, particularly adapted to the barber, which will be published in the latter part of this book. If instructions are followed it will keep you in a first class physical condition, and in many cases ward off sickness; and you will always feel strong and ready for work.

This book is in no way intended for an adver-

tisement for our school or anything of that kind, but is intended to be a benefit for those starting in the barber business. But we can not let an opportunity slip by without saying a word in regard to the utter ignorance that some barbers display in regard to a barber school. It seems that some of these people never lose an opportunity to malign and abuse the school; we remember a little instance that will illustrate the ignorance of this class of people. There was a young man coming from a small town in Kansas to attend our school, before starting he stepped in a barber shop to get a hair cut and shave. The barber asked him where he was going and he said: "To Kansas City to attend the barber school." The barber said, "Roy, you darned fool, don't you know you can't learn nothing in a barber school, don't you know you can't learn nothing out of books, you have to be where you can shave and cut hair and get the actual practice." And the boy found on reaching the school that he could shave more people and cut more hair than he probably ever would again in the same length of time.

Another instance and then we will close. Another young man coming from an interior town in Missouri to learn the trade at our place was discouraged by a barber, who told him he would have to shave glass bottles and brass faces to get practice, that he could not learn in that way. Of course the

boy paid no attention to what the barber said but concluded to investigate our methods on his own account, which he did and found them entirely satisfactory. He learned the trade in our place and afterwards located in opposition to the man who told him that he would have to shave glass bottles and brass faces. In a very short time he run the other fellow entirely out of business. We could mention hundreds of cases of this kind where barbers have used all kinds of methods to misrepresent our school, and discourage young men from coming here to learn the trade, but in most cases students have had determination enough to investigate our methods for themselves, and not accept advise that had been given for nothing, as advise given for nothing is generally worth nothing, and sometimes creates considerable damage.

We have never lost any sleep over what these ignorant barbers have said about us, attending strictly to our own affairs, and we hope that there can be as much said of us as Sir Isaac Newton said when he had about run the race of life, that we have been able to pick up a few of the pebbles that lay along the beach of the great ocean of wisdom.

HAIR INDICATIVE OF CHARACTER.

The character of persons is sometimes indicated by the color of the hair.

The bilious temperament, black hair and dark

skin are generally found associated. These indicates strength of character and sensuality.

Fine hair and dark skin show purity, goodness and strong mind.

Stiff, straight and abundant black hair and beard are usually combined with strong, unyielding, straight-forward and rather bluff character.

Fine brown hair indicates exquisite sensibility, for a strong will for what is good and right, when unperturbed.

If the hair is straight and lies flat on the head, the temperament is melancholly, but you can safely rely on that person, be it man or woman.

If the hair is coarse, black and sticks up, there is not much socialibility, and much that is stubborn, sour, and harsh in the character.

Coarse, red hair indicates much fire and energy, with unusual strength and firmness.

Auburn hair, with a florid face, gives purity, intensity, and great capacity for enjoyment or suffering.

Fine, silky, pliable, easily dressed hair indicates delicacy, sensibility and goodness.

Hasty, impetuous and rash people have crisp, curly hair, but if it is straight and smooth, even and flossy, a warm heart, a clear head and superior talents are indicated.

White hair, as a general rule indicates a good, easy, lazy fellow.

The hair, naturally parting in the middle and falling on either side, indicates womanly refinement, purity, and delicacy. When the hair extends and lies on the forehead in rings, it indicates a frank open and genial nature.

The light-haired races are the thinkers, the poets and the artists of the world.

Dark brown hair combines the two and the most desirable.

To sum up:

Black hair indicates physical strength.

White hair, mental vigor.

Red hair, a fiery temperment, passion and devotion.

Wavy hair, a pliable, yielding, accommodating disposition.

Straight, stuck up hair, stubbornness and fidelity.

Very smooth, coarse-lying hair is "Oily Gammon."



KANSAS AND MISSOURI LAW GOVERNING BARBERS.

AN ACT

To regulate the practice of the barber profession, creating a State Board of Examination and Inspection Commissioners, to prevent the spreading of contagious diseases, levying of fees, and prescribing penalties for violation of this act.

Be it enacted by the Legislature of the States of Kansas and Missouri:

SECTION 1. It shall be unlawful for any person to follow the occupation of a barber in this state unless he shall have first obtained a certificate of registration, as provided in this act; provided, however, that nothing in this act contained shall apply to or effect any person who is now actually engaged in such occupation, except as hereinafter provided; provided, that the provisions of this law shall not apply to barbers in any city, town or village containing less than 5000 inhabitants in Missouri and 3000 in Kansas.

SEC. 2. A board of examiners, to consist of three persons, citizens of this state for at least three years prior to their appointment, is hereby created to carry out the purposes and to enforce the provisions of this act. Such board shall be appointed by the governor, at least two members of which shall be selected from the membership of the —————; provided, that all barbers must have had at least a

practice of at least five years at the said occupation prior to their appointment. Each member so recommended shall appear before the State Board of Health, whose duty it shall be to determine whether or not such member possesses sufficient knowledge of contagious and inoculable diseases to enable such member to pass judiciously upon the qualifications of others in the occupation of barber. If said Board of Health shall reject an appointee, then the governor shall appoint some one else in place of the persons rejected, such appointment to be made from the same class of persons from which the appointment was made. If, on the other hand, the appointment be confirmed by the board, said board shall issue a certificate to that effect, and all appointments made under the provisions of this act shall date from the confirmation thereof by said state board. Each member of said board shall serve for a term of three years and until his successor is appointed and qualified, except in the case of the first board, whose members shall serve one, two or three years, respectively, as specified in their appointment. Said board shall, with the approval of the State Board of Health, prescribe such sanitary rules as it may deem necessary with particular reference to the precautions necessary to be employed to prevent the creating and spreading of infectious or contagious diseases. A copy of such rules shall be furnished each person to whom a cer-

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tificate of registration is granted. Each member of said board shall, before entering upon the discharge of his duties, give a bond in the sum of two thousand dollars, with a surety or sureties to be approved by the secretary of state, conditioned for the faithful performance of his duties, and shall take the oath provided by law for public officers. Vacancies upon said board caused by deaths resignation or expiration from any cause of the term of any member thereof shall be filled by appointment from the same class of persons to which the deceased or retiring member belonged.

SEC. 3. Said board shall elect a president, secretary, and treasurer, shall have its headquarters at such place in the state as the board may determine, shall have a common seal, and the secretary and president shall have the power to administer oaths. A majority of said board may, in meeting duly assembled, perform the duties and exercise the powers devolving upon said board under the provisions of this act.

SEC. 4. Each member of said board shall receive a compensation of three dollars per day for his services, and also railroad fare and such other traveling expenses as may be necessary in the proper discharge of his duties, and shall be paid out of any money in the hands of the treasurer of the said board. Said board shall also be allowed for such other ex-

penditures and outlays, payable out of the moneys in the hands of its treasurer, as shall be reasonable and proper for the discharge of their duties and to carry out the provisions of this act.

SEC. 5. Said board shall report to the auditor of this state at each of its regular meetings a full statement of the receipts and disbursements of the board during the preceeding two years; a full statement of its doings and proceedings and such recommendations as it may deem proper, looking to the better carrying out of the intent and purposes of this act. Any money in the hands of the treasurer of said board at the time of making such report, in excess of two hundred and fifty dollars, shall be paid over to the state treasurer for the maintenance of the public schools of this state.

SEC. 6. Such board shall hold public examinations at least four times in each year, at such times and places as it may deem advisable; notice of such meetings to be given by publication thereof at least ten days prior to such meetings in at least two newspapers published in this state, in the locality of such proposed meeting.

SEC. 7. Every person now engaged in the occupation of barber in this state shall, within ninety days after the approval of this act, file with the secretary of said board an affidavit setting forth his name, residence and the length of time during which and the

place where he has practiced such occupation, and shall pay to the treasurer of said board one dollar; and a certificate of registration entitling him to practice the said occupation for the fiscal year ending January 31, 1904, thereupon shall be issued to him; and the holders of such certificates shall within thirty days after the expiration of their respective certificate make application for the renewal of the same, stating the number of expiring certificates, and shall in each case pay to the treasurer of said board the sum of one dollar thereof. For any and every license or certificate given or issued by the board a fee of one dollar shall be paid by the person receiving the same.

SEC. 8. Any person not following the occupation of a barber at the time this act goes into operation, desiring to obtain a qualified certificate of the said occupation in this state, shall make application to said board therefor, and shall pay to the treasurer of said board an examination fee of five dollars, and shall present himself at the next regular meeting of the board for the examination of applicants, whereupon said board shall proceed to examine such person, and, being satisfied that he is above the age of nineteen years, of good moral character, free from contagious or infectious disease, has either (a) studied the trade for two (2) years as an apprentice under a qualified and practicing barber, or (b) studied the trade for at least two (2) years in a properly ap-

pointed and conducted barber school or college, under the instructions of a qualified barber, or (c) practiced the trade in another state for at least two (2) years, and is possessed of the requisite skill in said trade to properly perform all the duties thereof, including his ability in the preparation of the tools, shaving, hair cutting, and all the duties and services incident thereto, and is possessed of sufficient knowledge concerning the common diseases of the face and skin to avoid the aggravation and spreading thereof in the practice of said trade, shall enter his name in the register hereafter provided for, and shall issue to him a certificate of registration, authorizing him to practice said trade in this state; provided, that whenever it appears that applicant has acquired his knowledge of said trade in a barber school or college, the board shall be judges of whether said barber school or college is properly appointed or conducted and under proper instructions to give sufficient training in said trade. All persons making such application for examination under the provisions of this act shall be allowed to practice the occupation of barbering until the meeting for the next regular examination by the said board, and no longer, and the secretary shall give him a permit to do so; provided, however, that such time may be extended by the board for good cause shown.

SEC. 9. Nothing in this act shall prohibit any

person from serving as an apprentice in said trade under license issued by the board under a barber authorized to practice (in) the same under this act, nor from serving as a student in any school or college for the teaching of said trade, under the instructions of a qualified barber; provided, that in no barber shop shall there be more than one apprentice to two barbers authorized under this act to practice said occupation, but all barber shops having but one chair shall be entitled to one apprentice; and provided, that all barber schools or colleges shall keep prominently displayed a sign, barber college or barber school, and no other sign or signs; provided, that all barbers or barber schools or colleges who shall take an apprentice or student shall file immediately with said board the name and age of such apprentice or student, and the said board shall cause the same to be entered in a register kept for that purpose.

SEC. 10. Said board shall furnish to each person to whom a certificate of registration is issued a card or certificate, in such form as it shall adopt, bearing the seal of the board and the signature or its president and secretary, certifying that the holder thereof is entitled to practice the occupation of barber in this state, and it shall be the duty of the holder of such card or insignia to post the same in a conspicuous place in front of his working chair, where it

may be readily seen by all persons whom he may serve.

SEC. 11. Said board shall keep a register, in which shall be entered the names of all persons to whom certificates are issued and to whom permits for serving apprenticeship or as students under this act, and said register shall at all times be open to public inspection.

SEC. 12. Said board shall have power to revoke any certificate of registration granted by it under this act for (a) conviction of crime; (b) habitual drunkenness; (c) gross incompetency; (d) failure or refusal to properly provide or guard against contagious or infectious disease, or the spreading thereof, in the practice of the occupation aforesaid; or (e) violation of the rules of the board mentioned in section two (2) of this act; provided, that before any certificate shall be so revoked the holder thereof shall have notice in writing of the charge or charges against him, and shall at a day specified in said notice, at least five (5) days after the service thereof, be given a public hearing on said charges, and full opportunity to produce testimony in his behalf and to confront the witnesses against him. Any person whose certificate has been so revoked may, after the expiration of ninety (90) days, apply to have the same regrant-ed to him, upon a satisfactory showing that the dis-qualification has ceased.

SEC. 13. Any person who is engaged in the capacity so as to shave the beard or cut and dress the hair for the general public shall be construed as practicing the occupation of barber, and the so said barber or barbers shall be required to fulfil all requirements within the meaning of this act.

SEC. 14. Any person practicing the occupation of barber without having obtained a certificate of registration as provided in this act, or wilfully employing a barber who has not such certificate, or falsely pretending to be qualified to practice as barber, or instructor or teacher of said occupation under this act, or failing to keep the certificate or card mentioned in section 10 of this act properly displayed, or failing to comply with such sanitary rules as the board, in conjunction with the State Board of Health, prescribes, or for the violation of any of the provisions of this act, shall be deemed guilty of a misdemeanor, and the board shall proceed against all such persons, and upon conviction thereof they shall be punished by a fine of not less than ten dollars or more than one hundred dollars, or by imprisonment in the county jail not less than ten days or more than ninety days. Prosecutions under this act shall be begun and carried on in the same manner as other prosecutions for misdemeanors in this state.

SEC. 15. This act shall take effect and be in force from and after its publication in the statute books.

THE BARBER.

“By whose decrees, our sinful souls to save,
No Sunday tankards foam, no barber shave.”—BYRON

The occupation of barber is an institution of civilized life, and is only known among those nations that have made a certain progress in civilization. It is referred to by the prophet Ezekiel: “And thou, son of man, take thee a barber’s razor, and cause it to pass thine head and upon thy beard.” (Ezek. v. 1.) We do not read of barbers at Rome until about the year of 454 of the city; but there, as elsewhere, when once introduced, they became men of great notoriety, and their shops were the resort of all the loungers and newsmongers in the city. Hence they are alluded to by Horace as most accurately informed in all the minute history, both of families and of state. But in early times, the operations of the barber were not confined, as now, to shaving, hair-dressing and making of wigs; but included the dressing of wounds, blood-letting, and other surgical operations. It seems that in all countries the art of sur

gery and the art of shaving went hand in hand. The title of B-Chirurgion, or B-Surgeon, was generally applied to barbers. The B— of London, were first incorporated by Edward IV, in 1461, and at that time were the only persons who practiced surgery. The barbers and the surgeons were separated, and made two distinct corporations; in France, in the time of Louis XIV, and in England in 1745. The sign of B-Chirurgion consisted of a striped pole from which was suspended a basin; the fillet round the pole indicating their riband or bandage twisted round the arm previous to blood-letting, and the basin or vessel for receiving the blood. This sign has been generally retained by the modern barber. In our country, nevertheless, it is only occasionally that the basin may be seen hanging at the door of an old barber's shop. The character of the barber is amusingly illustrated in one of the tales of the Arabian Nights entertainments and has been immortalized by Beaumarchais, Mozart and Rossini, under the name of Figaro.

STROPPING THE RAZOR.

The best strop in use known to the barber fraternity is the genuine Russian leather strop, the price of which is from \$1.00 to \$1.25 each, and will last a person a life time if proper care is taken of the same. There are cheaper strops on the market, such as horse hide and the different kinds of common leather strops which seem to be very good, but in our mind there is nothing equal to the genuine Russian leather strop.

In stropping hang your strop in a good firm position, either on the side of your chair or on your bench where it will be the proper height. Draw the razor from the heel to the point making same strokes from right to left. It is well after you take your razor from the hone to strop it very gently on the leather before putting it on the canvas, for which use only the genuine Russian leather strop. In stropping, after making a few strokes to temper the edge on the leather, then strop gently on the canvas, then again on the leather until you get the edge tempered in

shape. Do not shave a right hard beard as it may crumple your edge, but strop gently, shaving an easy man first until you can judge the tempering of the razor and then you can shave the hardest beard with perfect ease.

INSTRUCTIONS IN HONING.

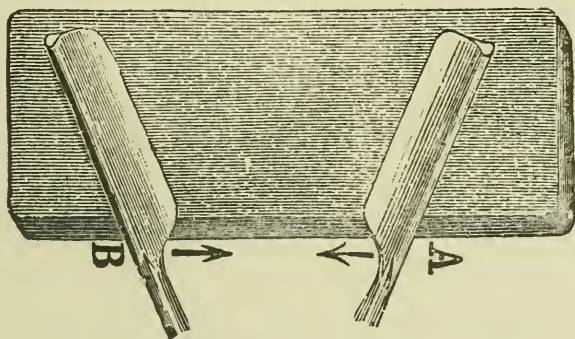
Great care and caution should be taken in honing a razor. We will endeavor in these instructions to give you the method of honing, on the three principle hones, used at the present time, namely: lather hone, or what is known to some barbers as the hickory hone. The water hone has been in use a great many years. Having used this mostly in my business for the last twenty-five years, I will commence giving you instructions on the water hone. The water hone is of German origin and you will find it used by Germans, more so than any other class of barbers. To hone a razor however, it should be done when the barber has no care on his mind, and not when customers are waiting, nor when he has any other business to occupy his mind. An



old saying that I remember when I was a boy, "That a sharp razor was half the shaving, and a well lathered and soft beard the other half."

HONING ON THE WATER HONE.

Balance the razor carefully on the fore-fingers for honing; commence at the heel and draw the razor diagonally across the hone to a point toward the edge as in following cut,



running up so that it will be in the same position on the left side as it was in starting from the right. Draw down with the same weight and pressure on both sides, being careful to make the licks from right to left exactly the same, thereby keeping the bevel the same on both side of the razor. Now, look at your

razor occasionally as you hone and see that the bevel is the same on both sides. Keep the hone well dampened with water and rub it occasionally with the rubber for the purpose of making a thick gray paste. After you think you have honed a sufficient length of time draw your razor across your finger nail, then if it presents a sticky feeling like the keen edge of a knife on your finger you should know that you have honed sufficient. If, however, niches are still on the edge you will have to hone until they disappear. After you have honed a short time feel the edge with your finger and if it draws all the way long even and smoothe you may know that you have your razor in shape to put on your strop. If the razor is new and well ground, very little honing will be necessary on any hone as it is more likely to be worse for the razor and it is very hard to get into condition again, when once over-honed.

THE LATHER HONE.

The lather or hickory hone, as it is known to a large number of barbers, is in general use throughout the country, and is one of the principal hones now in use. Its origin is Belgium, and it is a manufactured hone. It is manufactured by the process of petrification. You use lather on this hone exclusively; also some use oil to a good advantage. You commence honing the razor in the same manner as on the water hones. Hone from the heel to the point, same as in cut shown previous. Then turn razor in fingers, then turn razor around so that both back and edge touch on the hone. Draw carefully if the razor is very dull give it a great many strokes from right to left to get it in the right condition, but as I say if the razor is in fair shape it will need very little honing. Keep testing the razor so that you know when the edge is in good shape, and keep putting lather on hone. In this way you will feel if it is cutting the same on both sides. Test the razor the same way as you did on the water hone. Feel it with your fingers occas-



THE PHOTO EN

ionally to see if you have honed sufficient, also draw gently across your fingers to see if it feels sticky and holds fast to your fingers, the same as in honing on the water hone.

THE SWATY HONE.

This is comparatively a new product. It was invented by Francis Swaty, of Veinna, and is practically more in use now than any other used, and when in good condition it takes very little honing. I will give you instructions pertaining to the Swaty hone.

1.—The two sides of the alumine hone differ in roughness, the side marked with the firm is the sharper one.

2.—HALF HOLLOW or THICK RAZORS must be honed first on the rougher surface, but not too long, and then on the finer surface as described in article 3.

3.—On the finer side only the THIN HOLLOW GROUND razor can be honed in the following manner: Put the razor with the back flat on the hone as shown before in cut, and draw the razor three or four times against the edge;

when drawing back, the razor must be turned on its back. Then try the edge. Should it not be sharp enough try the same process again until the required sharpness is produced.

4.—Honing can be done with oil, water or soap suds.

5.—Should the rough side, by long use get too smooth rub it when dry with rough emery paper or with a flat piece of pumice stone and plenty of water.

6.—Should the finer surface by long use get too smooth rub it gently at first with fine emery paper.

The price of the Swaty hone is 50c to \$1.00. The price of the hickory hone runs from 75c to almost as high as a person wants to go, according to size and quality, etc. In buying a good hone the price should be no object; of course, the higher price you pay for a hone the better hone you obtain. It is well to go a great deal on the judgement of the supply man in buying a hone as they handle them every day and have experience which the general public cannot obtain.

SELECTING A RAZOR.

There is so many good brands of razors on the market at the present time that it is hard to tell which is the best. The following is the names of some of the leading brands: Blue Steel, Bismarck, Cosmos, Mars Razor, Nancy Hanks; all of which are sold here in Kansas City. The same applies to razors as to hones. These razors are all guaranteed by the supply man and if you do not get a good razor at first they will allow you to exchange until you do get a good one, which is absolutely guaranteed. As I have stated before you should put a great deal of confidence in the supply man in regard to picking out a good razor or get some experienced barber who has been used to handling razors to select for you or tell you something about them. There is but one way of telling however, and that is by thoroughly testing it, which they will all allow you to do.

THE ART OF SHAVING.

The first very important thing is to get your man in a nice comfortable and easy position in the chair. Put a towel down around his neck, using a clean towel for each man. Rinse the cup or mug out for every man thoroughly. Put the water in the mug, then turn it out so that all will run out but what will stay on the brush, then make the lather. Commence lathering on the right cheek, holding your thumb to the ear so as to keep the lather from going into the ear, then lather the left side in the same manner. Rub the lather over the face taking the brush in your left hand and rub gently with your right across the chin being careful not to get the lather too far down on neck or too far up on the cheek. Never be in any hurry in lathering. Rub until the beard is thoroughly softened. An old saying is "A man well lathered is half shaved." The same proverb is true to day. After you have your man well lathered, wipe your hands perfectly dry. It is well to have a small chunk of alum on which you can rub your hands before taking

the razor in your hand. Strop your razor according to instructions on stropping. If the lather becomes dry while you are stropping your razor put on more lather until it is softened sufficient. Lay your paper on his breast. Now, you are ready for shaving. Take your razor and balance it on the three fingers, with the little finger over the top of the handle and thumb on side of the blade known as movement No. 1. With this stroke shave down toward the side of the face, stretching the skin with the little finger of the left hand; shave down half way to the point of the chin. Wipe your razor turning the thumb on the other side and follow movement No. 2. then with this stroke shave to the point of chin. Wipe your razor again, commencing at the point of chin changing your razor to movement No. 1, shaving down the point of chin to the throat, going down shaving with the grain. Wipe off your razor, commence at the bottom and shave up with the grain until you meet the place left off in shaving down. Turn the head over gently by placing the left hand back of the



ears. Shave down the left cheek backhanded using movement No. 2, then change again to movement No. 1, shaving down to point and across the chin, then go back to movement No. 2, commencing at the point of chin on the left side same as instructions on shaving the right side, draw straight down the throat with the grain, then you change using movement No. 3 on the neck. Let the little finger drop over the handle of razor, holding it with the fore finger and press the thumb on top of the blade. Use this movement in shaving on the neck all the time pushing the razor toward the chin. In shaving the upper lip take razor in position, place your finger against the top of the nose, thumb on the chin. Make gentle strokes, shaving the right toward the left and the same on the left side. If you cannot reach all the hair with motion No. 2, change with your finger stretching the lip and use movement No. 1 for finishing the bottom. After you have gone over the face the first time get a clean cloth or towel, wet in warm water and wash the face. It is a matter of taste and



practice as to the position in which you hold the towel. Some perform the operation by putting the towel around the face and rubbing, while others take the towel between the first and second finger and wrap it around the hand. But as I have stated before, it is merely a matter of taste and practice with the artist. In shaving the face over the second time take your razor in the right hand and with the two little fingers on the handle, then take your bottle between the first two fingers, putting water on your left hand sufficient enough to get face well moistened for shaving the second time over. In this operation you can shave diagonally against the grain at the same time rubbing the face well and stretching the skin with the fingers of the left hand, feeling for the beard that has been left from the first time; in this the second time you go against the grain, shaving in this manner only when it is the wish of the customer, as it often times makes the face sore, and as it only makes a difference of a couple of hours after being shaved. In shaving the second time over use



mostly movements No. 1 and 3. After you have finished shaving take and wet your towel in warm water, and lay it across the face, but not covering the mouth and nose, as it effects their breathing and is very disagreeable; repeat this operation two or three times if necessary. Some patrons are willing to pay extra for hot towels. Now take your bay rum bottle in your left hand, putting bay rum on the face with the right hand, rub gently and then put your towel over the face, the one you have been using, being particular not to pull it out so that the water will not run down the neck, then wipe the face thoroughly dry, using the towel as a fan to assist in drying the face. Then rub the face with the towel until you are thoroughly satisfied it is perfectly dry. Put on your powder, doubling the towel so as to make a puff, straighten your man up in the chair and you are now ready to comb his hair, etc



INSTRUCTIONS ON HAIR CUTTING.

In cutting hair there are no deffinent names settled on as to the different styles of hair cutting. Each supply house gets out a style plate of its own. I herein introduce thirty-six different styles, which will be of great advantage to patrons to select from. I find that the best success is attained by cutting the hair according to the customer's wishes, regardless of style plate or names. It has been my purpose to dispense with clippers as much as possible in teaching hair cutting, as I find that when a new student commences to cut hair; it is so much easier to cut with the clippers that he wishes to use them all the time; which is a very bad habit. In cutting hair it is always advisable to leave as much hair on the customer's head as possible. Trim it up nicely with the shears, so that the barber can get him again as a customer. For example, if he should cut the hair with the clippers in the spring, it would probably be the only hair cut that he could get from that man during the season. While if he trims it around the neck

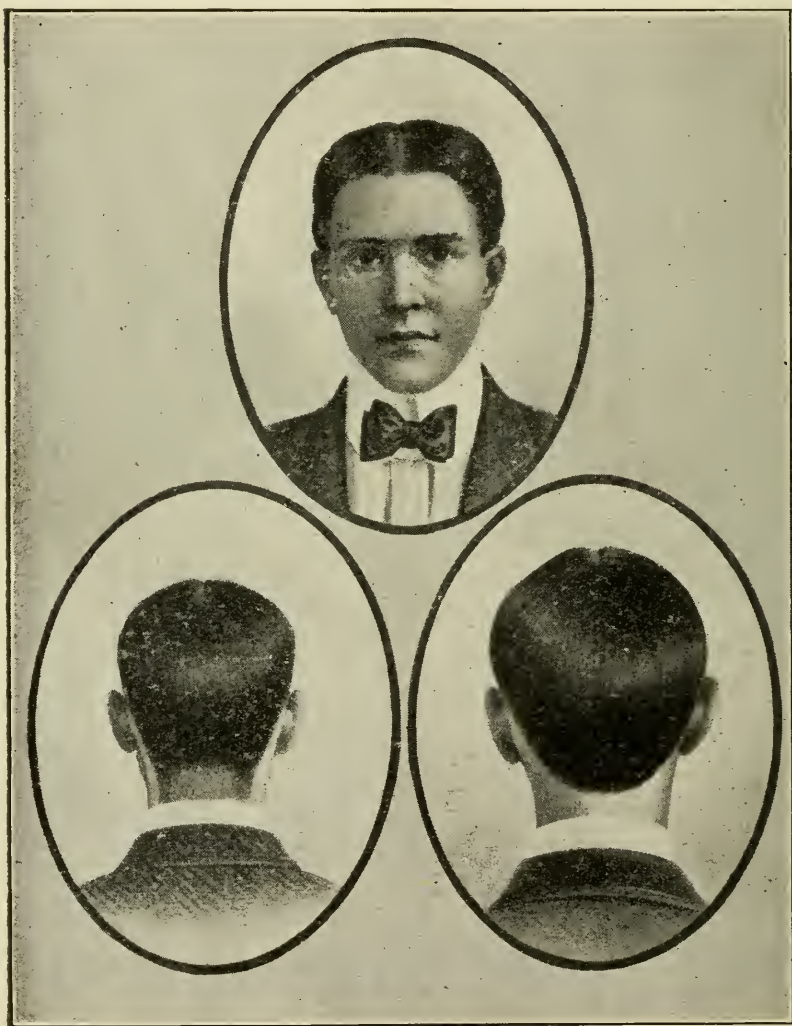
and ears he would possibly get to trim that man's hair as often as once a month, right along, and he would also get it dirty, and it would have to be shampooed much more frequent then if he cuts the hair close with the clippers all over the head. It would be no trouble for him to wash his hair every time he washed his face, therefore, the barber would loose the chance of Sea Foam or Shampoo. In cutting hair place your hair cloth or apron tight around the neck sitting your customer straight up in the chair. Commence to trim on the right side over the temple and around the ear. Hold your shears with the thumb and third finger of the right hand, comb between the first two fingers and thumb of the left hand. Comb the hair down to straighten it out. Commence trimming across from temple to ear, making it the same on the lower and higher part according to the way the customer wishes it done. Great care should be taken in trimming around the neck, Because a good trim around the neck with the razor sets off a hair-cut better



BOY

YOUTH

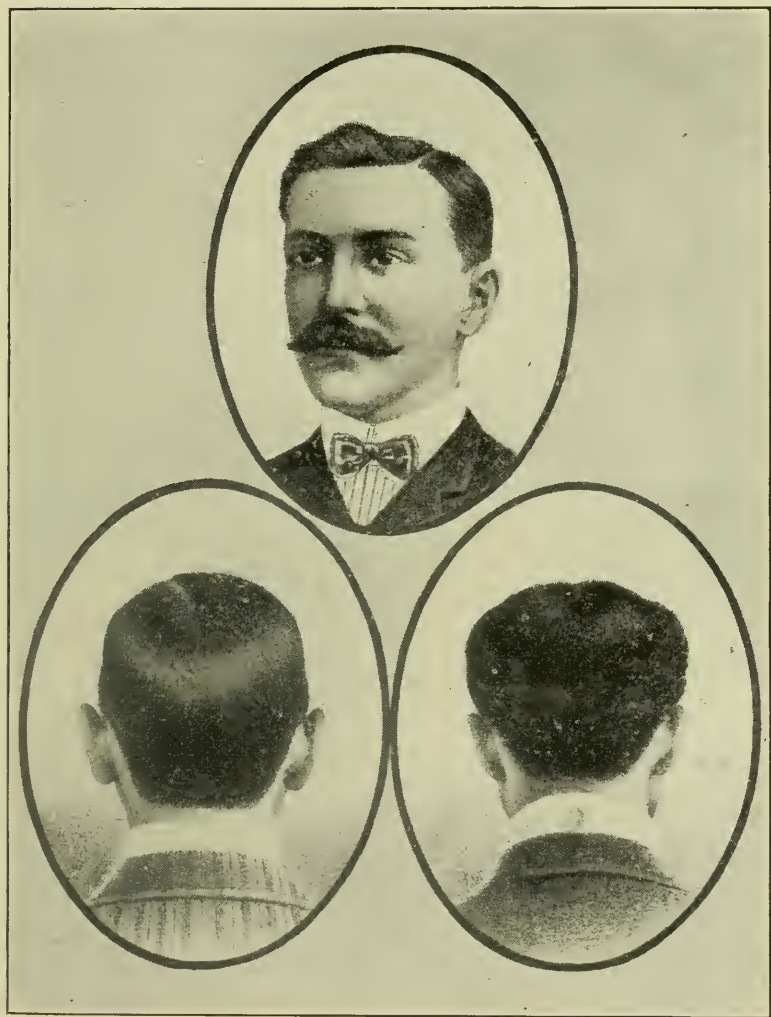
GIRL



LONG BRANCH

STUDENT

FULL TRIM



SQUARE

FRONT VIEW

ROUND



VAN DYKE FRONT

SARATOGA

VAN DYKE SIDE



BURNSIDES WITH MOUSTACHE
POMPADOUR WITH FU" 2 ARD BURNSIDES



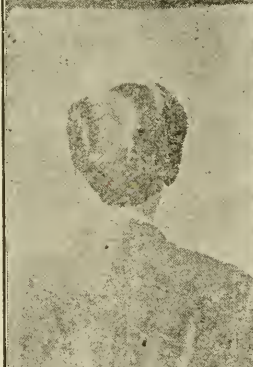
SIDE VIEW OF No. 4.



FRONT OF No. 4.



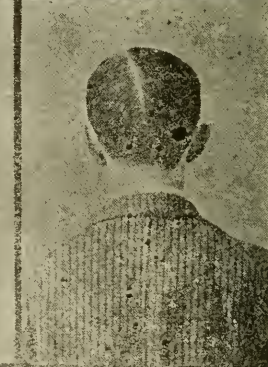
SOCIETY No. 5.



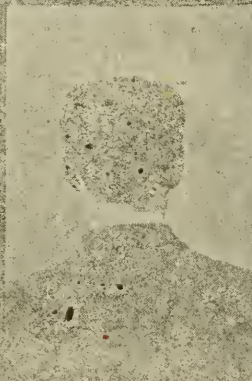
WASHINGLE No. 6.



WASHINGLE No. 9.



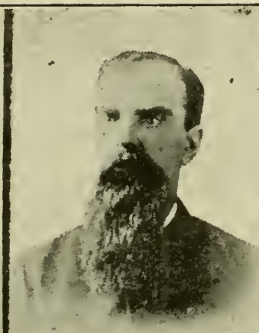
BACK VIEW OF No. 9.



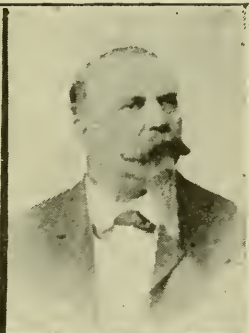
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SCOTCH



AMERICAN



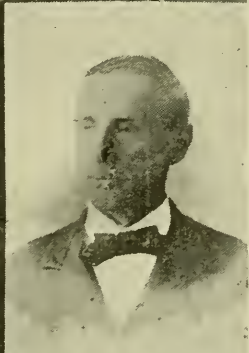
FRENCH



THE FAVORITE



**BACK & SIDE
VIEW**



HAIRCUT TO COVER BALD HEAD



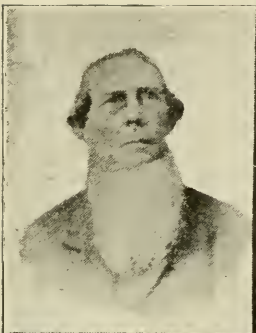
FRONT OF SARATOGA



SARATOGA No. 3



FRONT OF No. 1



GREY STYLE
Leopold **BEARD**



ENGLISH
Leopold



VANDERBIET
Leopold



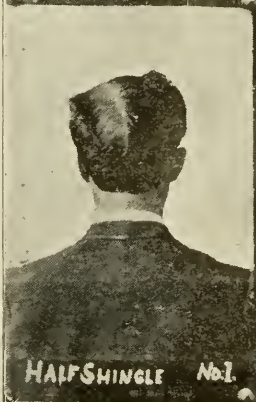
HAIKUT TO COVER BALD HEAD
Leopold **SIDE VIEW**



FRONT VIEW
Leopold



LADIDA
Leopold



HALF SHINGLE No. 1



HORSE SHOE No. 2



FRONT OF No. 2.



SOCIETY No. 6.
Commercial



FRONT OF No. 7.
Commercial



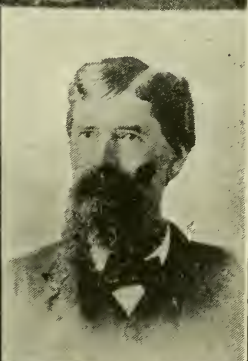
SIDE VIEW OF No. 7.
Commercial



FEATHER EDGE No. 12.
Commercial



FRONT VIEW OF No. 12.
Commercial



FRONT VIEW OF No. 8.
Commercial



CURLY 1/2 SHINGLE No. 15.
Commercial



BACK VIEW OF No. 16.
Commercial



BACK VIEW OF No. 13.
Commercial

than anything else. You might number the hair-cuts in this manner: No. 1, for a close cut with the clippers. No. 2, for a feather edge, or with the clippers around the neck, finishing with the shears. No. 3, for a shingle. No. 4, for a long trim. No. 5, for a bush or a buff cut as known to barbers. I will say something more in regard to hair cutting in some of my future lectures. I will take up singeing, dying, blondining and shampooing for my next lecture.

SEA FOAM, SHAMPOO, ETC.

Sea-foaming is performed by having your shampoo prepared according to receipt, which you will find in this volume. Put your sea foam on the head and rub it well until it makes a nice thick lather all over the head. In dry shampoo you keep rubbing it with your brush or fingers until the lather naturally evaporates then brush it good and wipe dry, with a clean dry towel. In shampooing use the shampoo paste, or shampoo fluid as the case may be, or as the barber sees fit. Put

on your shampoo paste, and water and rub it until you get the hair thoroughly lathered. Be careful to scratch the head well with your fingers or brush, getting all the dandruff out of the scalp, Fasten your towel securely around the neck, with the towel over the hair cloth. Secure the fastening so that it will not slip or come loose while the customer is taken to the water stand. Here you rinse his head thoroughly with nice warm water, rubbing dry with a clean dry towel, while you have customer still bent over the wash stand. Then sit him back in the chair, again drying the hair. Put on your pomade and comb the hair as usual.

SINGEING.

Singeing the hair, although a very simple operation, is claimed by most barbers to be very beneficial to the hair, as they claim it will stop the hair from falling out, and in many cases restore the hair. Singeing is done with a wax or gas taper. Some call them singeing tapers. They are for sale at all gas

fitter's establishments, and barber supply houses. You light the taper and commence singeing the hair usually after cutting the hair and in the same manner. Commence around the bottom being careful to get all the ends singed around the sides and top, more particular on top where the hair is falling out. After the hair is thoroughly singed take your brush and rub it well to get the burnt ends off, also rub it with your fingers. It is a good idea if you can persuade your customer to have a sea-foam or a shampoo afterward. While we have always been in favor of singeing, it is our experience that the most beneficial results are obtained by the barber, thereby increasing his profits. Singeing is the same price as a hair cut, or shampoo, when hair-cutting is twenty-five cents, the same charge is made for singeing.

DYEING THE HAIR.

Dyeing is also a very simple operation and very profitable to the barber. You commence dyeing the hair after thoroughly wash-

ing it with soap and water, or shampoo. There is several kinds of dye in use, but I am unable to recommend anything equal to the old "lightning" dye. The receipt you have in this book. After you have thoroughly dried the hair put on No. 1, combing the hair thoroughly and when almost dry put on dye No. 2. This instantly turns the hair black and after you have thoroughly combed this through the hair, getting it the same all over, then take your fan and dry the hair, care should be taken in combing the No. 2 through the hair. If you should blacken the skin, these spots can be removed by burning common paper and rubbing the black ashes on the same, with a towel across the fingers before washing, then rub the skin where the dye has stained it putting on soap and water and washing it well, after doing this the stains will all disappear. After you have thoroughly dyed and washed it, if there should be small spots or places where it has not stained properly, retouch it again with No. 1, also No. 2, until you get the desired shade. Dry it again

then put on your pomade, oil, etc., and comb nicely and your job is finished. For this operation you should get from \$1.00 to \$4.00. During the World's Fair at Chicago, I have known several barbers to charge as high as \$15.00 for this operation, the customer not knowing what he was to be charged until the job was finished. At the present time when they think a customer is a stranger in the city and not liable to make any great kick they charge very high prices.

BLONDINING THE HAIR.

Blondining is performed in the same manner as dyeing, but instead of dye you use amonia. After washing the hair well, use weakened amonia. Let the hair dry then comb through it paroxide of hydrogen two or three times daily until the hair has attained the shade you desire. It will be necessary to comb the paroxide of hydrogen through the hair at least once a week to keep the hair the shade you wish it.

STERILIZATION OF RAZORS.

Some barber asks information as to an antiseptic solution in which to dip razors. He finds that preparations he has used for this purpose corrode the steel. This is a difficulty well known to surgeons, and probably the best way to overcome it is by the use of heat. "Flaming" that is passing the instrument repeatedly through a flame is one way of effecting the destruction of disease germs, but if done thoroughly it may affect the temper of the steel. Boiling in water minimizes this difficulty, and instruments so treated prove efficient as to cutting power. The boiling must be long continued to prove wholly efficacious with all germs, including their spores; the process may be materially shortened by boiling under pressure so that the temperature of the water is increased; according to Sternberg, at temperature of 221 F. the spores of bacilli will be destroyed by an exposure of ten minutes, and at a temperature of 230 F. the same result is attained in one or two minutes. Boiling steel

in pure water, however, causes rusting to guard against this about 1 per cent of pure sodium carbonate is added to the water. Complaints having been made that this was not always efficacious, Dr. Edward Andrews undertook some experiment some years ago regarding it on which he reported in the Journal of the American Medical Association. Plates of polished steel well washed with either to remove all oily matter from the surface, plates of aluminium and several scalpels with handles of different metals (so chosen to ascertain if galvanic action was a factor in the operation) were boiled in water with and without the addition of sodium carbonate, soap and other agents. From these experiments the author drew the following conclusions: 1. Hot distilled water and steam rapidly rust steel instruments. 2. One per cent. solutions of soap and sodium carbonate almost perfectly protect steel instruments, provided they are completely immersed in the fluid. 3. If instruments lie in a shallow boiling pan and are not fully covered with the protective fluid, and a cover or towel

is laid over them, the portions projecting above the fluid will only get a steam bath and will rapidly rust. This is the accident which has caused some to think there is no uniformity, about the action of protective fluids in preventing rust. The fluids themselves will not cause oxidation, but the steam rising from them will easily corrode steel. The boiling process while simpler than immersion in solutions of antiseptics is probably more certain in its effects.

RAZORS.

The barber shaves with a polished blade,
While the milliner shaves when ladies trade;
The banker shaves at ten per cent;
While the landlord shaves in raising rent,
The doctor shaves in draughts and pills,
While the druggist shaves in pints and gills;
The politician shaves the nation.
The preacher shaves for all salvation;
The broker shaves in cashing notes;
While the farmer shaves in corn and oats;
The lawyer shaves both friends and foes,
The pedler shaves where e'er he goes,
The wily merchant shaves his brother,
In fact you all shave one another.

GOOD ADVICE TO BARBERS.

Because you have been running a "cheap" shop is no reason why you should so continue. Because you have only been running two chairs heretofore, is no reason why you should not be running three, four or five by the end of the year. Because you have been making only \$20.00 per week last year, is no reason why your profits this year should not average twice as much or more.

As a beginning, sit down for a moment and look around your shop. Is it spotlessly clean? Are all the tools neatly arranged, bottles well filled and hair-cutting cloths neatly folded and hung upon the chairs? Are the chairs attractive to the eye, comfortable to the occupant and up-to-date? Have you a regular mirror case, or are you still clinging to the old-fashioned looking glass and bracket?

Questioning yourself in this way, and carefully looking into the numerous details that make up a successful barber shop, we are satisfied that you will find something that can

be improved upon. There is surely something that can be done to make each year more prosperous.

We are reminded of a conversation held a short time ago, with a barber from a large Texas town. When we had the pleasure of meeting him, he was in a very restless frame of mind. He said for years he had been running a three chair barber shop, which was located in the residence part of the city in which he lived. He was doing a fair business, and as long as it did not grow less from year to year he had been satisfied, but, said he, "it suddenly dawned upon me that although the city had been rapidly building up around me, my trade had not increased at all. I awakened to the fact that my weekly receipts are just about the same now as they were four years ago. I began to study the situation, and very soon learned that people in the neighborhood were walking right past my door and patronizing a fellow two blocks up the street. He had started up about a year ago and I had not paid much attention to him, but when I began

to compare his shop with my own, I had to admit there was a difference. His shop was by far the more attractive, and you can depend upon it that first impressions go along way; but I've put in modern chairs now and a bright new mirror case, and the boys all wear white coats, and I guess we'll stop those people from walking past the door hereafter."

This man woke up. Probably you, too, are doing well enough, but could you not do better? Are there any customers walking past your door?



THE BARBERS' TRADE AS A LIFE CALLING.

There are few trades offering better inducements than that of the barber. Everywhere in the civilized world he readily finds employment. It is not at all likely that the barbers trade will to any great extent ever be interfered with by machinery. The barber commands a good salary and steady employment. He is constantly surrounded by the current news of the day and always has time to read and keep abreast with the progress of the world. Barbers wages in the United States run from ten to eighteen dollars a week, owing to locality and other conditions.



A GOOD SUGGESTION TO THE BARBER.

The disadvantages of learning the barbers' trade in the shop are more numerous by far than is the case in any other trade; the principal one, however, is the useless length of time required to secure the necessary practice. This is due to the fact that in no other trade does it require that pain must be suffered by the practice subject in order that the apprentice may learn it, and since practice can be had only at the cost of pain, the securing of practice becomes the chief problem of teaching the trade, and for this reason there are but few men who will ever submit themselves as practice subjects for the apprentice and pay for the work besides; and in a barber shop where all are supposed to pay for their work, men are generally too proud to become practice subjects in consideration of free service. Therefore, most of the practice had in a barber shop is secured only by concealing the fact that the workman is an apprentice, and to hide this fact from outward observation, the pro-

prietor seldom goes about the apprentice to study and direct his movements, and which is the only time that instructions in teaching the barbers' trade are of any value, and therefore the shop proprietor is precluded from performing his duties as an instructor. A patron finding himself thus imposed upon, is always liable to remonstrate against the deception, and the apprentice is therefore usually nervous and unfitted for receiving the benefit of his practice. Under these circumstances the instructions are very infrequent and much that is received by way of instruction at one time is forgotten by the next. By computing the time occupied in actual work at the chair during the usual apprenticeship, it is found in most cases not to exceed three months. To avoid serving these years of misdirected drudgery, and the other numerous drawbacks, the barber school was established in many of the leading capitals of Europe for the purpose of teaching the trade, and where it has proved to be the most gracious liberator of shop drudges of all the trade-schools yet known and is therefore

greatly encouraged. The barber school of Berlin, Germany, catalogued 399 students in 1885, and another at Prague, Austria, listed as high as 107 students in 1888. Two barber schools were established by private enterprise in the City of Brussels in 1897 and have been subsidized by the Belgian government.

Mr. Richard T. Auchmuty, an able American authority on the subject of trade education, has stated the situation very precisely, and in a few words. He says: "One of the accepted theories of the trades-union is the advantage to be derived from limiting the number of workers. Instead of the fact that work makes work, that one busy class gives employment to other classes, it is assumed that there is a certain amount of work to be done and the fewer there is to do it the higher wages will be. It is therefore sought to make each trade into a monopoly; although these efforts have been uniformly unsuccessful, they have marred the lives of thousands of young men, and still continue to do so. Could the opposition of the trades-unions be over-

come, a great source of wealth would be opened to those now approaching manhood. The effect of this policy is a matter of indifference to the trade unionist, for he cares but little for the future; he looks only to the number of dollars it is possible to extract from a day's work. He willingly surrenders his liberty and judgement to his union officers, who generally turn it to business or political profit for themselves,"

General impressions go along way in this world. A man may have some particular hobby and imagine, for instance, that he is not being properly shaved if the razor is not held in a certain position, or travels in a specified direction, or is not stropped a certain number of times between the first and second goings over. He may have some particular idea upon some particular subject which he uses as a guage of the grade of barber shop he is in, but such a man is the exception and not the rule. The average man has a guage which he applies, but you will find that nine

times out of ten his eye rests first upon the barber's chair. If he sees an old fashioned, uncomfortable chair, a general feeling of dissatisfaction creeps over him. He begins to feel that the soap you use is not good, that your razors pull and that your after-shaving preparation is not pleasant. All this before he puts himself under your care. The sight of the old fashioned chair starts him off in a critical, dissatisfied frame of mind. But if he sees a modern, up-to-date, bright, comfortable looking chair, the result is just the opposite. He does not look for trouble and is not in a criticising mood. Of course the soap is good, of course the razor is perfect, and the after-shaving lotion just suits him. He starts in on the right tract and there's everything in the start one gets always.



PERSONAL MAGNETISM.

Before closing this book of instructions to barbers, I wish to make some observations on the subject of Personal Magnetism as a very valuable aid to the tonsorial artist, from a social as well as a financial standpoint. Any one who, but casually observes, knows there is an immense difference in the attractive and repulsive qualities of different individuals. Some draw to them a host of friends whom they seem to absolutely control; others repel and arouse antagonism in most every one they meet. The first named class of people are usually successful in every aim of life and the other class are alway wondering why they are such failures in every avenue of life. The difference in these two classes is all due to the presence or absence of that potent and somewhat mysterious quality called pesonal magnetism. Now what is personal magnetism? We answer, it simply means psychic influence or technically, hypnotic power. It is the influence of mind over mind.

The person who possesses personal magnetism is consciously or unconsciously a hypnotist. It may not be generally known that this power can be acquired and also that any sane person can learn it, and no one can exercise it more potently than the barber, because, by the very necessities of his profession is compelled to come in close physical contact with his patrons. Manipulation about the head is part and parcel of hypnotic methods and no one in the world has a better chance to hypnotize than the barber, and he can exercise this power without his subject knowing it. Nine tenths of the people are subject to the influence of personal magnetism or hypnotism and in this progressive age no business man can well afford to be without a scientific knowledge of it. A weak person who has mastered this science can control persons much stronger than himself. The author of this book is a graduate of one of the greatest psychic institutions in America, and has given years to the investigation and practice of personal magnetism and all hypnotic phe-

nomena such as hypnotism for parlor entertainments, hypnotism for the stage, hypnotism for the cure of all bad habits, hypnotism for the cure of all diseases, hypnotism for dental surgery, hypnotism for surgery and as a therapeutic agent, hypnotism for social, educational or business advancement; also all about magnetic healing; all about clairvoyance; how to diagnose diseases without asking a question also how to look into the present, past and future of any individual. In short how to make a success of life in every particular. We will ask you to try the following experiment in proof of the reality of personal magnetism. Suppose a person comes to you with the headache. You will say to him I will cure you without medicine; all I ask of you is to close your eyes and let me stroke your head for a few moments and your headache will certainly pass away. Now stroke his head gently, backward and downward from the middle of the forehead to the region of the temples, while you will with all possible mental energy that his headache shall cease,

and ninety-nine cases out of a hundred you should relieve or cure your patient. Try this and then take a course in personal magnetism, and hypnotism and learn how to perform a thousand very useful, profitable and instructive experiments. Will you do it? Our new book of instructions gives you every advanced method of psychic science; and when you master its contents, which are plain and simply given, go forth into the world and in the language of the Emperor Constantine: "In this sign I conquer," or in the words of Ceasar you can say: "Veni vidi vici". "I came, I saw, I conquered." So barber if you would succeed and in your business quickly speed, learn how to exercise control of other minds, thus reach your goal.



TO HAVE FINE THICK HAIR.

Curiously enough, women, as a rule, do not take proper care of their scalps and hair. The scalp, like the pores of the face, must be kept clean to be in a healthy condition. The head, if inclined to be oily, should be washed every week in summer time, if not, once in two weeks will do. The growth of hair in a healthy scalp is from eight to ten inches a year, growing faster in summer than in winter. The hair stretches in wet weather and shrinks in dry, which is the cause of artificially curied hair becoming straight in moist air.

If you use the curling irons during the summer, be sure to supply the follicies with a little extra nourishment in the way of a brilliantine to make up for that which the heat abstracts.

The two following recipes furnish the best possible emollients, the first of which is non-greasy:

Lavender water,	-	1 ounce
Glycerine,	-	1 ounce
Clarified honey,	-	2 ounces
Rectified spirits,	-	4 ounces

First mix the honey and glycerine, then add the lavender water or eau de cologne and last of all the spirits.

The second recipe is intended to give a more or less glossy appearance to the hair, as well as to strengthen it.

Castor oil,	-	2 drams
Rectified spirits,	-	5 ounces
Attar of roses to perfume,	
Tincture of cochineal,		2 drams

The best way of using these preparations is to put a few drops into the palm of the hand and then rub the bristles of the brush across it, and so apply to the hair.

All greasy preparations, it must be remembered, will darken the hair, as will also too constant and frequent brushing; therefore,

those whose hair is very light should use the brush with moderation, employing a bomb with coarse, smooth teeth for the ventilation and disentanglement of their tresses.

Again, white of an egg, though excellent for cleansing the hair tends to darken it. Those who have blonde, light brown, auburn or chestnut hair will do best to wash their hair with borax and warm water—an even teaspoonful of the former to a teacup of the latter. Rub this into the roots of the hair with a piece of clean flannel until every particle of dandruff has been removed. Then dry it thoroughly, allowing it to hang loose for an hour or two, and the next day—not the same remember—rinse with warm water first, then in cold, and again dry thoroughly—in the sun, if possible—and finally comb gently with a coarse-toothed comb.

This simple wash should not be used oftner than once a month. Borax should on no account be used by those whose hair is gray or white, as it will tinge the hair yellow. A little indigo put into the rinsing water for gray hair

imparts to it a most clean and beautiful appearance and in no way injures it.

Brunettes can do no better than to use the rosemary wash, which not only cleanses but checks any falling out, especially if this is occasioned by excessive heat of the scalp, or severe headaches.

Boil from six to eight minutes one pound of rosemary leaves in a quart of water, staining and adding a lump of champhor, and if the hair is inclined to be dry, a teaspoonful of coeanut or olive oil.

Ammonia should be omitted from any recipe if the scalp is very dry. During the hot weather many people suffer from loss of hair, due to over heated heads which weaken the scalp. If this occurs, use the following hair wash every morning for a week, then three times a week:

Oil of sweet almonds	-	1 ounce
Spirits of chloroform	-	1 ounce
Laurel water	- -	1 ounce
Spirits of rosemary	-	1 ounce
Mix these ingredients carefully and dab		

among the roots of the hair; a diminution in the fall will follow after a few days application.

To counteract the dryness and dandruff characteristic with so many heads of hair use the sage tea emollient;

Sage leaves (freshly gathered when possible)	-	-	1-4 pound
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Boiling water	-	-	1 pint
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Stand on one side for a day and a half, then strain through filter-paper and add:

Glycerine	-	-	1 ounce
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Spirits of rosemary	-	-	1 ounce
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Camphor	-	-	1-4 ounce
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Use daily two weeks, and at night massage the scalp with the promade below, putting a small piece on the finger and kneading into the roots.

Sulphate of quinine	-	12 grains
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Tincture of capsicum		1 drachm
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Soft wool fat compound		1 ounce
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To prevent the hair falling after severe headache, excessive perspiration, or weakness of the scalp caused by illness, try the following

lotion, which must be well rubbed into the roots of the hair three or four times a week for a month or six weeks.

Eau de cologne,	-	8 ounces
Tincture of jarborandi,	-	1 ounce
Oil of lavender,	-	$\frac{1}{2}$ drachm
Oil of rosemary,	-	$\frac{1}{2}$ drachm

A soft bristle brush and a course, blunt comb are the only things that ought to be used on the hair. Violence breaks, splits and loosens the hairs, causing them to fall out. Never use a fine tooth comb; it irritates the scalp and frequently leads to disease. Whenever the hair looks ragged at the ends, cut off about an inch every new moon. This strengthens it.



DERMATOLOGY.

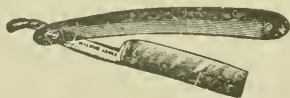
Diseases affecting the skin. Some are of trifling character; others are symptomatic of grave internal derangements and are difficult to cure. Many resemble each other and mistakes of identification are apt to occur.

That branch of science which treats of the skin and its diseases. The appearances of cutaneous diseases are very varied, but the usual classification, both in this country and abroad, is that of Willau and Bateman, comprising eight orders:—(1) Papulae, or pimples; (2) Squamae, or scales; (3) Exanthemata, or rashes; (4) Bullae, or blebs, minature blisters; (5) Pustulae, or pustules; (6) Vesiculae, or vesicles; (7) Tuberculae, or tubercles, (8) Maculae, or spots. Dr. Aitkin gives the following as the more common diseases of the skin:—Erythema, urticaria, nettlerash, lichen, psoriasis, herpes, pemphigus or pompholyx, eczema, ecthyma, acne. The parasitic diseases are ringworm, or tinea tonsurans, favus, and itch or scabies. Many of these appear in

combination, or as symptoms of general, constitutional, or febrile diseases; and, in addition to these, having various forms of cutaneous manifestation, are syphilis, purpura, leprosy, scurvy, and the like, with bronzed-skin or Addison's disease (q. v.). But the classifications are endless.

Under this head we will make a few remarks and give a few of the best formulas in use for the cure of diseases most liable to come before the barber. We wish to state right here that after 30 years in the barber business, we have failed so far, to have one case, so-called barber itch, called to our special attention, therefore we think a great deal of the manifestations made by the Board of barber Examiners, and the Board of Health is unnecessary. Cleanliness is next to godliness. Therefore if you keep your strops, razor and everything else connected with your shop clean, you will have no trouble with any of the contagious diseases. We find out that the best sterilizing agents are soap and water, soap being an antiseptic. However, the utmost care and caution:

should be used after shaving one afflicted with sores or eruptions. The razor should be immediatly emreged in hot water and soap suds and thoroughly polished with a chamois skin or towel. This, however, should be done with all of your razors. Polish them every day thereby preventing them from becoming rusty. This should be done when you are through work at night. This precaution being taken, I will guarantee there will be no spread of contagious diseases. These formulas that we introduce here for the cure of baber itch, pimpler, eruptions, etc. are obtained from the best authorities on this subject, therefore we can recommend them without hesitancy as being the best curative agency of the present day.



APPLICATIONS FOR ROUGHENED SKIN.

For a good general emollient there is nothing probably better than glycerine; but it should always be diluted before application, as if used too freely a "stickiness" results which is quite disagreeable. If the glycerine is sold undiluted for toilet use, the customer should receive instructions to put a few drops on his hands, for instance, while they are yet wet from washing, and then distribute evenly over the surface by rubbing, allow them to dry without the use of a towel. As a lotion for use in the ordinary way, the following is convenient:

Glycerine	-	1 Part
Rose water	-	9 Parts

Plain water may, of course, be used as the diluent, but a slightly perfumed preparation is generally considered more desirable. The perfume may easily be obtained by dissolving a very small proportion of handkerchief "extract" or some essential oil in the glycerine, and then mixing with plain water.

If it is desired to tint the liquid, this may be done by a minute quantity of cochineal coloring, N. F., which will give a pink tint. Care must be taken not to use enough to cause staining of the skin. For a toilet cream adapted for dispensing in either collapsible tubes or in glass jars, the official glycerite of starch will answer. It is scarcely necessary to say that this is made simply by stirring together 10 grams of starch, 80 of glycerine and 10 c. c. of water, and heating gently until a jelly is formed. This jelly may, of course, be perfumed if desired. A little perfume is rather desirable, but an excess should be avoided. Many of the essential oils are suitable for perfumes in this case, as are also handkerchief extracts. Another cosmetic is the so-called glycerine jelly, which may be made as follows.

Flake tragacanth, selected	1 dr
Water	- 2 OZS
Glycerine	- 2 OZS

Place the tragacanth in the water, stir from time to time until a perfectly smooth mucilage

results and then incorporate with it the glycerine. As straining a mucilage of tragacanth is difficult if not impracticable without the use of a strong press, the operator should endeavor to avoid a necessity for it, by using only the best articles of flake tragacanth, being careful to pick out pieces which are free from any specks of foreign material. If it be necessary, however to use gum the mucilage from which will require straining, a large excess of water may be employed, and this excess subsequently driven off on a water bath. The first procedure will presumably be the more satisfactory, at least for a small quantity. The formula given above yields a preparation which is quite firm; it may, of course, be rendered more fluid by the addition of either or both liquids. The jelly may be scented, if desired, by a few drops of oil of rose or other appropriate perfume, and a pink or red color given to it by cochineal coloring. An emollient tablet which has proved satisfactory, may

be prepared by the following formula:

Mutton suet		18 ozs
Spermaceti	-	12 ozs
White wax	-	12 ozs
Oil of rose geranium	-	3 drs

Melt together by a gentle heat, reserving the addition of the oil until the other ingredients are liquified, on account of its volatility, stir well as the mixture begins to cool, continuing until ready to set, when pour into molds. Yellow wax is preferable to white, the latter having a somewhat rancid odor. If a white preparation is desired, the wax must necessarily be white, and if a pink or red tint is wanted, the wax should also be white. The color may be given by infusing alkanet in a portion of the suet. The quantities given above will make from 24 to 26 tablets if cast in molds of 1 5-8 by 2 5-8 inches square and 7-8 inch deep; a convenient and desirable size. The best material for the molds is block tin. Their form should be a pan, as indicated in the statement for measurement, the top side entirely open, and they should taper very slightly

on the side from bottom to top. A desirable arrangement is to have them so placed in a tray that they may be surrounded by cold water. The chief use of the tray is to enable the molds to be chilled before casting, which renders adhesion of the tablets much less likely. Much cheaper though less elegant molds may be made of tinned iron, and the tray may be dispensed with. The usual way for putting up such tablets is to wrap them first in thin smooth paper, then in an outer covering of tin foil, and lastly to enclose in a paper box.

We wish to add in addition to the above article that there is no other preparation for roughened skin and chapped hands than our cream of roses or nothing better to be used after shaving. It is cooling and its curitive or medicinal properties are phenominal. We would not think of continuing in the barber business without this preparation on hand for sale, it is easy prepared; keeps well and if displayed in small bottles with a nice showy lable. You will be surprised at the amount you will sell; especially in the fall of the year. I will not hesitate to say that I have sold hundred of dollars worth. You can do the same. It is my intention that this article will be useful to you.

THE MASSAGE.

There is an old story of an irreverent child, who, on being punished for some misdeed by a supper of bread and water, philosophically remarked, "This is a good thing for the digestion." On being whipped for such impertinence she placidly observed, "This is a good thing for the circulation." The ability or reasoning so correctly is not always vouchsafed to us early in life, but in later years we learn that good circulation and good digestion are generally the fruit of the hardships rather than the "softships" of existence. It is true that in moments of great gladness the blood circulates quickly. You feel it going up in a big wave to the face in an instant, and down to the feet in the next, as though every drop were running and leaping and praising God. But excitement, even the most pleasurable, has its period of reaction—exhaustion. Most of the days in the year are not exciting, and those who are troubled with

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pale faces and cold extremities, who are chilly between the shoulders and shiver over the fire in bad weather, often wish they could discover something permanently good for the circulation. Exercise is of course the great corrective, but indoor exercise does not seem to remove the trouble. Who has not heard a woman remark over her sewing, "I thought it was a warm day when I was stirring about this morning, but now it seems actually chilly." Even after the brisk run so highly recommended for chronic chilliness, there is sure to be a rapid ebbing away of acquired warmth in the resultant fatigue. What is wanted is some method whereby the blood may be induced to flow to the cold blue-veined feet as habitually and abundantly as it runs to the usually overheated head. Some form of friction—rubbing, beating, pinching, slapping or kneading—is the best for this purpose, because it does not leave one tired out, but rather rested and refreshed. It is the operator who is tired.

To lie on a couch swathed in blankets, from which now an upper limb, now a lower

limb is withdrawn, pale and dead-lookin, and tucked back warm and glowing, and to have the back, abdomen and chest scientifically and delightfully belabored is to feel that your professional nurse has richly earned your dollar an hour. But in the country, where dollars and professional nurses are not very plentiful, it would seem as if delicate people might profitably try self-treatment. Julius Caesar, we are told, had himself pinched for neuralgia. Had he been a less lofty personage he might have been reduced to the necessity of being his own pincher, and doubtless in that case the pinching would have been as thoroughly done. This sounds trivial, but there is more in it than at first might appear. One of that numerous class of women who are "just able to drag themselves around," found that general stagnation was apparently her great trouble. She felt dull, heavy, lethargic, and even a short walk left her very tired. She procured a work on massage and practiced on herself a little at a time as she was able, always in a well ventilated room and well warmed in

winter. It has proved the very best of tonics, and she nows enjoys that sense of elasticity and aliveness in every fiber which indicates a close approach to a state of ideal health.

Massage can never take the place of active exercise, but it fits one to enjoy and get the later without danger of that great resultant fatigue which is the bugbear of so many weakly people. And in times of seemingly over-work and exhaustion, "a good rubbing down" is certainly as beneficial to the human frame as to the favorite race horse on the turf.



INSTRUCTIONS FOR FACIAL MASSAGE AND FOR ITS SCIENTIFIC APPLICATION.

A Facial Massage, from a barber's stand point of view, is generally given after shaving, commencing with hot towels, making as many applications with the hot wet towels as you think the face can possibly stand, (bath towels are the best for this purpose, as they hold the heat longer,) using your judgment and consulting the wishes of your patient or customer, as some people can stand more hot towels than others. After you have the face thoroughly sweated and warmed up by the towels, then you apply the massage—a very good and simple formula for making, will be found among the recipes in toilet department of this book. You will apply the massage preparation to the face, after using the hot towels, letting the massage have time to set to the face. The idea now is to rub lightly with the fingers until the massage rolls off in rolls, which will take with it all the dirt and other impurities, such as blackheads, blotches, etc.,

that may be in the pores or on the outside surface of the skin. Then begin the manipulating process with fingers and hands. Gently manipulate the face thoroughly until massage preparation has rolled off, then you commence to manipulate across from the center of the forehead down across the temples; then place the fingers over the eyes, draw down toward the ears over the nose with fingers and thumb, and then across the chin back towards the neck, making different manipulations, and raising the skin generally with the tips of the fingers, until the face becomes thoroughly heated and the blood is brought to the surface, making it a scarlet hue. The object in this is to bring the blood to the surface and thoroughly open up all the pores of the skin. The massage is supposed to take away all the impurities from the outside surface. Exercising the facial muscles and increasing the circulation of the blood, and telegraphing so to speak the blood from one nerve center to another at its proper ratio, is where the benefit is supposed to be derived. A massage

properly given, according to these instructions, will in a short time, make a wrinkled face appear smooth as in youth.

Now rub the hands together, creating a friction, which causes the hands to become warm; then draw the hands down over the face from the forehead with quick trembling motions. This is called the magnetic treatment and is claimed by many to be far superior to the electric massage given by the electric motor machine, as in this way you get the benefit of the vital magnetism.

Place the hands in a position to fit over the face and across the chin; then pat the face gently, creating an air suction between the hands and face. This takes the place of the suction cup; pressing the cheek up between the thumb and fingers of each hand, will make the cheeks red and rosy, making a quick motion with the palm of the hand across the forehead and gently pressing around the temples will oftentimes relieve a very severe headache.

Now you are ready for the ice or cold towels. In extreme cases where the face is

very much wrinkled, it is recommended to use ice towels, but in ordinary cases, cold wet towels will do. This closes up the pores of the skin and takes away all the little wrinkles, or what is called "crow's feet" that settle around the corners of the eyes, and makes the skin feel smooth.

You should endeavor to make the massage as pleasant as possible for your customer. Don't be rough, but handle the face as easy as possible. Impress upon his mind the benefits derived and induce the customer to take them as often as possible.

When you have finished with the cold towels, then dry the face thoroughly, and use some good lotion, such as Cream of Roses, the recipe for making same will be found in the recipe department of this book, or some nice toilet water. Dry the face, using talcum powder for finish.

Now if you can, induce your customer to take the scalp treatment. This is done with massage roller, by placing a light towel over the hair; then you rub gently with the mas-

sage roller all over the head, creating a kind of counter irritation, bringing the blood to the roots of the hair, after which you give the scalp a good rubbing with the ends of your fingers, rubbing the scalp all over, behind the ears, down on the neck and across the temples all through the hair until you have thoroughly created a good circulation of the blood at the roots. This rejuvenates the roots of the hair and puts it in a healthy condition. Use a kind of pressure movement so as to not rub the hair off the head, as some men have very very little and do not want to have it rubbed off. Now use some good tonic or pomade, rubbing the hair dry, after which, you are ready to dress or comb your customer's hair.

It is always well to try to make these treatments as pleasant as possible. Jolly your customer along making him feel he is getting the worth of his money, and receiving great benefit from this treatment, which will be the case if you administer the treatment according to these instructions which we have

tried to make so plain and simple that anyone who can read can understand them. If you cannot obtain the massage roller in your home town, and wish one, we will furnish it to you at a nominal figure.



MANICURING.

The professional cure or treatment of the hands and nails. To attend to the hand and nails. Treating the blemishes of the former and trimming and polishing the latter, etc. Quite an important side line in connection with the barber business is a manicuring and chiropodist department. This department should be a room fitted up for that purpose with a few manicuring tools, which is all that is necessary. A little practice will make you proficient and you will be surprised at the amount of money that you will make in this line. There is always some one to operate upon and always some one who is wishing to have work done if you have the tools to attend to same properly. We give you a number of recipes in this book which will enable you to carry on the business successfully. Alboline Oil is used for the massage, rubbing and taking off the blemishes preparatory to treating the nails. It is also well to have some glycerine and lemon juice to take off the spots on

the hands. The formulas found in this book are known to be the best preparations for the art of manicuring. Some people are subject more than others to the inconvenience and disfigurement of what are termed 'hang nails' which when attempted to be torn off, causes severe pain. Various methods are resorted to for removing these pieces of flesh. Some bite them off, others cut and clip them, and others, again use the nails of the opposite hand. The best way is to loosen the membrane from the nail with some blunt instrument and afterward with a pair of pointed scissors to clip away the ragged flesh. When the membrane is too long, that is, when it grows up too high on the nail, it should be pressed back with a blunt instrument and clipped off with a pair of curved scissors. Every day when the hands are being dried, the flesh at the base of the nail should be pressed back. If necessary, lift it previously with an ivory manicure instrument. Care must be taken not to treat the nail roughly or the risk of injuring the nail at the root is insured.

CHIROPODIST.

To remove Corns and Warts:

Gum Camph	-	$\frac{1}{2}$ oz
Chl. Hydrate	-	$\frac{1}{2}$ Dr
Chloroform	-	20 Drops

Put small amount on each wart or corn; if the wart is large, a lump about the size of a pea will be required. Light this with a match when it gets so hot that the person can't stand it longer blow out then light again so on until corn or wart is blistered, then you can remove it with the thumb or finger, or pinch it out. After you have it out put on the following, which will heal it up at once:

Gum Champhor	-	$\frac{1}{2}$ oz
Crystal Carbolic Acid	-	$\frac{1}{2}$ oz

This will heal any kind of an old sore. To make an anticeptic take one Dram of the above and 15 or 20 Grains of Crystal Cocaine. The doctor from which I obtained this formula sold it to the Dental Trade quite extensively. For the following receipt I paid \$25. Prus-

sian Tonic Luster and Dandruff Shampoo:

Bay Rum	-	8 oz
Alchol	-	8 oz
Tr Cantharides	-	1½ oz
Lavender Camp Spts.		2 oz
Aqua Ammonia	-	2 oz

Mix use and rub until you have it damp. Use once daily until hair has stops falling out—when the hair is falling out badly add ten Grains Tanic Acid.

The method used by regular Chriopodist is as follows in removing corns. Solution for softening corn before removing with the corn razor:

Alcohol	-	1½ oz
Carbolic Acid		70 Drops
Menthal	-	70 Drops
Crystal Cocaine		20 Gr

After the corn is removed use the following either with cotton or a small camels hair brush this forms a new skin or blister which protects the tender flesh until new skin grows to take the place of the corn. If you should cause the corn to bleed (which you should not do if

you are careful in taking it out) use Marsillo solution of Iron, which will immediately stop the blood:

Colodian	-	4 oz
Carbolic Acid	-	1 1-2 oz
Sub. Either	-	2 oz
Canna Biscindica,	-	2 oz

To remove or cure Proud Flesh use Burnt Alum. For ingrowing toe nails use Brosic Acid. The best cure for Bunions is pure Skunk Oil.

Probably there is no little thing which causes so much annoyance and, in many cases actual pain, as corns upon the toes, between the toes, or upon the bottom of the foot.

Many people suffer the pain and annoyance and other serious results from corns for years, and after trying the many lotions, salves, ointments and many so-called eradicators, without cure or relief give up the hope of a final cure.

A SHORT COURSE IN PHYSICAL CULTURE EXERCISES

Adopted for Barbers or those of Sedentary Habits.

We have been prompted in getting out this course for physical development partly from our own experience and partly from the experience of others. As we have known of a great many barbers in our time, that had they known and practiced physical culture exercises might have been sound, able bodied men. Scientific men of all ages have been studying to better the physical condition of mankind.

The first and most important thing in physical culture exercises is deep breathing and lung expansion, a very good example to go by will be found as follows: Stand in a perfectly erect position with hands extended downward then inhale long deep breath counting seven, retain while counting seven and exhale while counting seven, repeating this all the way from 5 to 15 times, or as many times as you think necessary, as the more you practice this the easier it will become.

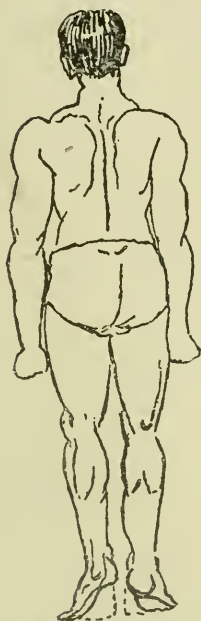


FIG. 1.

Ex. 1. Stand perfectly erect with hands closed tightly as possible and extended downward, making the body as dense as possible and bending the arms upward from the elbow. Repeat this from five to fifteen times increasing as you prolong the practice. Fig.

1 shows the back view and fig. 2 the front view. In connection with No. 1. raise

and lower the body by throwing weight on the toes. Highly beneficial for weak ankle muscles.

Ex. 2. Stand perfectly erect, bend the arms inward from the elbows on closing the fists and making the arms muscles as dense and hard



FIG. 2

as possible and thrust outward as in fig. 2. Repeat this from five to fifteen times always bearing in mind the deep breathing.

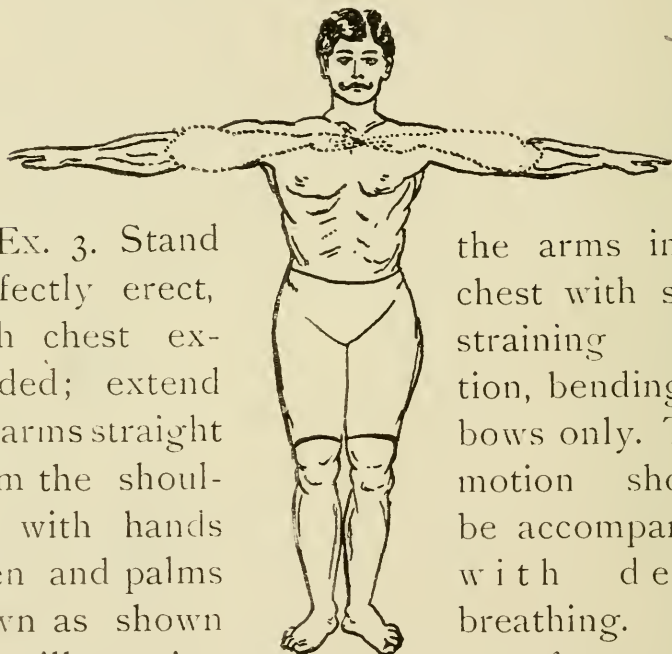


FIG. 3.

Ex. 3. Stand perfectly erect, with chest extended; extend the arms straight from the shoulder with hands open and palms down as shown in illustration

fig 3. Then draw

the arms in to chest with slow straining motion, bending elbows only. This motion should be accompanied with deep breathing. Repeat from ten to twenty times.

Upper chest breathing. Cross the arms, bringing the shoulders forward and downward. now as you inhale deeply and freely,

bring the arms and shoulders up and back, filling the chest fully and thoroughly, slightly drawing in the abdomen. This is especially beneficial for chest expansion, though it is well to remember that this is not the proper way to breath ordinarily, as expansion should begin in the abdominal region.

Ex. 4. To practice this exercise take a deep breath, raise the arms upward as high as possible, as if reaching for something beyond your reach, and then bend the trunk forward and make the hands touch the floor without bending the knees as in fig. 4. Practice this about 5 times a day at first but increase each day. It is



FIG. 4.

hard to touch the floor at first but practice each day will soon make it easy.



FIG. 5.

every day and increasing it gradually as it becomes easier.

Ex. 6. Stand perfectly erect with arms extended downward, then open and shut the fists, using all the energy

Ex. 5. This exercise is very much like the last, but in this one you extend the arms out horizontally, bend the trunk forward and touch the floor with one hand, as in fig. 5. It is necessary to bend the knee in this exercise. Repeat this exercise

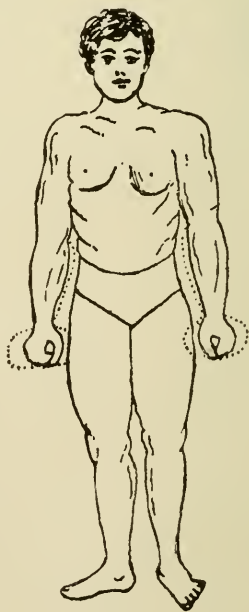


FIG. 6.

you possess. Be sure to take plenty of deep breathing while practicing this exercise, repeating from five to fifteen times.

Ex. 7. Assume a perfectly erect po-

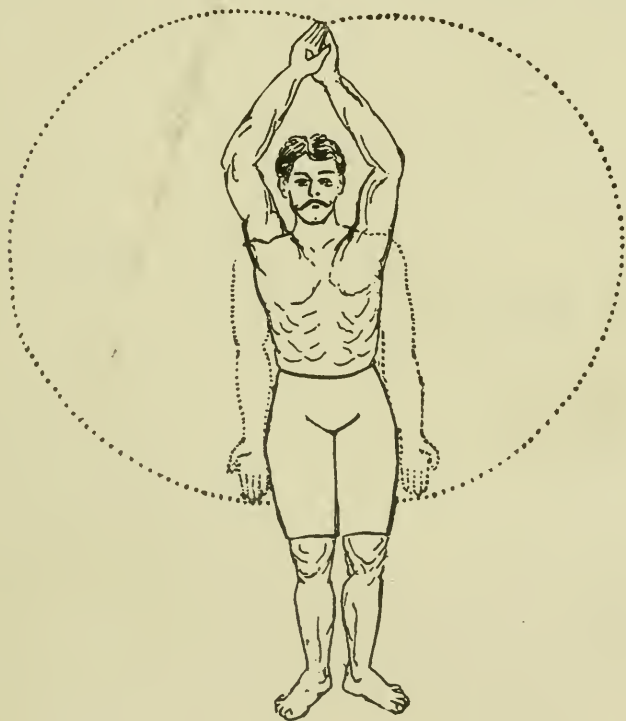


FIG. 7.

sition and take a deep breath, swing the arms upward over the head, so that the hands touch, do this exercise to the count of two

on one raise the arms and on two lower them to the sides again. Repeat from five to fifteen times.

Ex. 8. Stand erect with fists closed and arms extended downward then raise the arms upward in oblique position, first using one arm and then the other, as in fig. 8. Repeat from five to fifteen times.

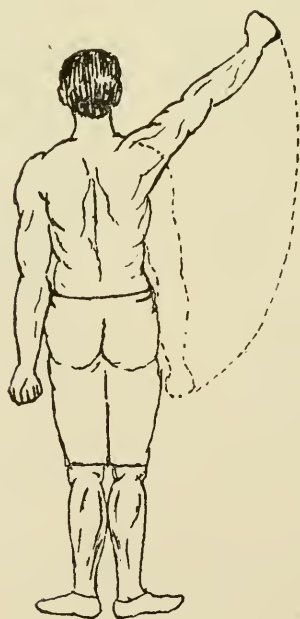


FIG. 8.



FIG. 9.

Ex. 9. Same as in No. 8 with a slow

swinging motion, making all the muscles of the arms and shoulders hard as possible, this is good in developing breast, shoulder and biceps muscles.

Ex. 10. In this exercise lay flat on the floor, then slowly raise the body from the

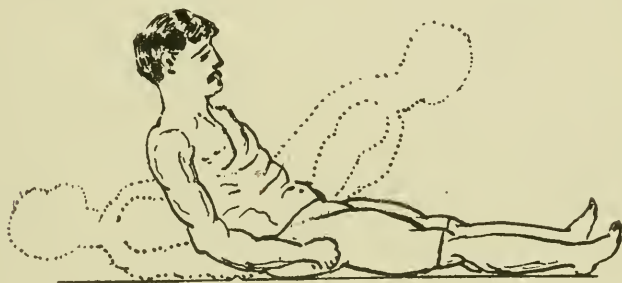


FIG. 10.

waist without touching the floor with the hands. This exercise is especially recommended for constipation, as it exercises all the abdominal muscles. During all these exercises concentrate your mind on receiving benefit and that you will be stronger and better than you ever was before.

Bathing, proper diet, and regular sleep are the three requisites connected with physi-

cal culture. Any one who desires continued good health should be able to sleep at least eight hours at night, have a regular time for retiring. Form these habits of regularity and live as closely to them as possible, and practice the course of exercises on retiring at night and on arising in the morning. If you are not feeling well do not postpone or neglect them under any consideration, for if you commence to neglect them you will become negligent after a while and neglect them altogether, but if you keep them up, it will soon become a pleasure.

It is generally supposed that every one knows how to take a bath, but prize fighters and athletes in general do not get into a tub and never use absolute cold or very hot water, and soap is never used more than once a week, but they take a good sized sponge and dip it in luke warm water and wipe the body all over this way, dipping the sponge in water often, and dry with a course towel and completing with a thorough rubbing.

As this is only intended for a short course

to be used in a general way you must use your own judgment as to the amount of work to be done at each exercising period, but by using a small amount of intelligence you can, in a very few days, adopt the exercises that will be best suited to your condition.

I state to those wishing a complete course in physical culture, and something up-to-date, equal if not superior in many of the mail courses, containing all the different muscular movements and complete systematical course commonly sold for \$10 to \$25 which will be found in Bridgeford's book of Physic Science, and Physical Culture complete. Price only \$1.50



**UP-TO-DATE
FORMULAS
FOR THE
TOILET AND
OTHER
PURPOSES**

BROWN DYE.

This is the latest and greatest discovery of the age in dyes; is a perfect dye. Beautiful Brown and more durable than Black dye, and contains only one solution.

Nitrate of Silver,	-	1 ounce
Aqua Ammonia,	-	2 ounces
Sodium Carbonate,	-	1 $\frac{1}{2}$ drams
Distilled Water,	-	5 ounces

Dissolve silver in 4 ounces water and add ammonia until entirely dissolved. Then dissolve the soda in this solution and add water to make 6 ounces. Let stand 48 hours and decant or strain. Wash mustache or hair thoroughly with good sea-foam or shampoo, removing all grease or dirt and apply.

"ONE SOLUTION BLACK DYE."

Nitrate of Silver,	-	1 ounce
Nitrate of Copper	-	15 grains
Water of Ammonia	-	2 ounces

Dissolve the silver and copper in 4 ounces of distilled water, then gradually add the water ammonia until the solution is re-dissolved then add water to make one-half pint.

BROWN DYE.

Pyrogallie Acid,	-	1 ounce
Olive Oil,	- -	$\frac{1}{2}$ ounce
Lac. Sulphur,	-	1 ounce
Rain Water,	-	8 ounces

Mix, apply as other dyes.

HARDENING RAZORS.

Acetic Acid	-	1 ounce
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Water sufficient to immerse blade. Leave in both twenty-four hours.

CREAM OF ROSES.

Glycerine,	-	1 $\frac{1}{2}$ pounds
Witch Hazel,	-	1 pint
Borsoek Acid,	-	2 ounces
Alcohol.	- -	$\frac{1}{2}$ pint

Juice or one Lemon.

To be used for chapped face and hands, thicken with Gum Trag. dissolved in warm water to a desirée thickness. Color with carmine red if desired.

BLONDINE.

Peroxide of Hydrogen	8 ounces
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Apply as other dyes.

HAIR DYE.

Dissolve 2 ounces of Pyrogollic Acid in a mixture of Alcohol of 94% and 18 ounces of Distilled Water. This is the Mordaunt, and the Dye is prepared as follows: Dissolve 1 ounce of Nitrate of Silver in 8 ounces of Distilled Water and add 2 ounces of Ammonia F. F. F. Both solutions should be kept in glass stopped bottles.

TO PREVENT BALDNESS.

Cod Liver Oil,	-	10 parts
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Onion Juice,	-	10 parts
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Yolk of one Egg.

Mix, shake before using and apply once a week. Gum Arabic may be used in place of the Yolk of Egg.

HAIR BLEACH.

There is no formula given with the Hair Bleach. Hydrogen Paroxide is the most efficient bleach and forms the basis of most of the articles sold for this purpose. The commercial article should be freely diluted before using and the hair should be free from all grease, etc., by washing with warm suds.

SHAMPOO.

Boracic Acid,	-	2 ounces
Sal. Tartar,	-	1 ounce
Sulph. Ether,	-	$\frac{1}{2}$ ounce
Rain Water,	-	1 quart

BRILLIANTINE.

Glycerine,	-	$\frac{1}{2}$ ounce
Alcohol,	-	5 ounces
Rose Water,	-	1 ounce
Oil of Bergamot,	-	10 drops

FACE CREAM.

Hydro Chlorate of Ammonia	4 parts
Dilute Hydro Chloric Acid,	5 parts
Lait Virginal,	50 parts
Glycerine,	30 parts

FRECKLE CREAM.

Quince Seed,	$\frac{1}{2}$ ounce
Chloride Ammonia,	$\frac{1}{2}$ ounce
Cologne,	1 ounce
Hot Water,	1 pint

SHAMPOO MIXTURE.

Extract of Guilloys Fluid	14 parts
Cologne Water, -	13 parts
Glycerine, - -	8 parts
Alcohol, - -	30 parts
Rose Water, -	35 parts

SHAMPOO MIXTURE.

Borax, - -	12 parts
Ammonia Carbonate, -	3 parts
Tinct. of Cantharides, -	6 parts
Glycerine, - -	12 parts
Water, - -	450 parts
Alcohol sufficient to make 1000 parts	

TALCUM POWDERS.

Talcum Powder, -	10 ounces
Rice Flour, -	10 ounces
Zinc Oxide, -	5 ounces
Orris Root, powdered fine	1 ounce

Mix well and perfume with a mixture of
 Oil Bergamot, Neroli and Ylang Ylang,

DEPILATORY, to Remove Superfluous Hair.

Barium Sulphide,	-	2 parts
Zinc Oxide.	- -	1 part
Starch Powder,	-	1 part

Mix and keep dry. When desired for use make a paste of it with water and apply to the part from which hair is to be removed, leave on for ten minutes, then scrape off. This usually acts at once, but if necessary apply a second time. The hair will grow again, but this is the case with all safe depilatories.

CREAM OF ROSES.

Gum Tragacanth,	-	1 ounce
Warm Water,	-	1 quart
Oil Roses,	-	5 drops
Glycerine,	-	3 ounces
Witch Hazel	-	3 ounces
Alcohol,	- -	3 ounces

Put the Tragacanth in the water, let stand over night or until jellied, then strain through muslin cloth and while warm add the other ingredients. Bottle, label and put away in a cool place.

CARBOLINE HAIR GROWER.

Promotes a healthy growth of hair on heads where there is fine and thin hair.

Neutral Paraffin Oil,		8 ounces
Tr. Cantharides,	-	7 drams
Euphorbium.	-	10 grains
Oil Rosemary,	- -	2 drams
Oil Cassia,	-	10 drops
Oil Cloves,	-	3 drops

Heat the Euphorbium and Cantharides on gentle heat for 2 hours, with the Paraffin Oil, then add the other oils, and bottle. Rub head thoroughly and apply once a day for three weeks.

BAY RUM.

Oil of Bay,	-	240 grains
Oil of Orange,	-	16 grains
Oil of Pimento,	-	16 grains
Alcohol,	- -	32 ounces
Water,	- -	25 ounces

Dissolve the oils in alcohol and add the water. Mix with 2 ounces of Precipitated Calcium Phosphate and filter.

HAIR RESTORATIVE.

Sugar of Lead,	-	1 ounce
Borax,	-	1 ounce
Lac. Sulphur	-	1 ounce
Acqua Ammonia,	-	$\frac{1}{2}$ ounce
Alcohol,	-	1 gill

These articles to stand mixed fourteen hours then add:

Bay Rum,	-	1 gill
Fine Table Salt,		1 table spoon
Soft Water,	-	3 pints
Essence of Bergamot,	-	1 ounce

Manner of using. When the hair is thin or falling out, make two applications daily until this amount is used up, unless that hair has come out sufficiently to satisfy you before that time. Work it to the roots of the hair with a soft brush or the ends of the fingers, rubbing well each time. For gray hair one application daily is sufficient. It is harmless and will do all that is claimed for it.

FACE WASH.

Rose Water,	-	$\frac{1}{2}$ ounce
Glycerine,	-	$\frac{1}{2}$ ounce
French prepared chalk ten cents.		

EXTRACT OF MAGNOLIA PERFUME.

Extract of Orange Flower	64 parts
“ “ Rose -	128 parts
“ “ Tube Rose	64 parts
“ “ Violet -	32 parts

Mix and to each quart of mixture add 10 drops of Oil of Bitter Almonds and 4 drops of Oil of Lemon. The extracts used in this are all from the pomade of the flowers named.

BANDOLINE.

A face balm of exquisite merit; is cooling, soothing and healing qualities are unsurpassed by any face preparation on the market.

Gum Trogacanth	-	2 drams
Rose Water,	-	10 ounces
Alcohol,	-	4 ounces
Otto of Roses	-	15 drops

Macerate the gum in the rose water until dissolved, strain and add the alcohol to Otto Roses, then mix all and bottle; color red with few drops Tincture Cochineal.

HAIR TONIC.

Tinct. of Cantharades,	-	1/2 ounce
Sulph. Quinine,	-	1 drachm
Lac. Sulphur,	- -	1/2 dracm
Bay Rum,	- -	8 ounces

Apply twice daily.

DANDERINE.

Hydrate Chloral,	-	1 ounce
Bay Rum,	- -	6 ounces

Apply daily for one week, then once a week.

SHAMPOO PASTE.

Conti Castile Soap,	-	4 ounces
Pottasium Carb.	-	1 ounces
Rain Water,	- -	6 ounces
Oil of Lavender,	-	5 drops
Oil of Bergamont,	-	10 drops

To the water add the soap in shaving and then the pottassium. Mix until creamy, then add perfumes. The addition of glycerine prevents hardening.

BEAUTIFYING THE SKIN.

For beautifying and taking wrinkles out of the skin:

Glycerine	-	-	3 oz
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Parafin wax	-		2-3
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Mix and heat in a tin pan then add $\frac{1}{2}$ oz Bergamont, run off in tin can or glass botte. To be used after washing the hands and face at night. Excellent for chapped hands or face

NAIL POLISH.

Tartaric Acid,	-		1 dram
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Tincture of Myrrh,	-		1 dram
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Cologne Water,	-		2 drams
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Water,	-	-	3 drams
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Dissolve the acid in water; mix the tincture of myrrh and cologne water and add to the acid solution. Apply with a bit of soft leather.

FURNITURE POLISH.

Gum Shellac,	-		1 ounce
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Alcohol,	-	-	8 ounces
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Linseed Oil,	-		1 ounce
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Mix, apply with woolen cloth.

DEPILATORY.

Quick Lime, - 1 ounce

Gum Benzine, - $\frac{1}{2}$ ounce

Water sufficient to make a paste, Apply and brush off in ten minutes.

BEST HAIR OIL.

Pale Yel. Cotton Seed Oil, 8 ounces

Bay Rum, - - 8 ounces

Add perfume to suit.

BAY RUM.

Soft Water, - 8 ounces

Alcohol. - - 4 ounces

Oil of Bay, - 1-4 ounce

Add water to make one quart.

HAIR RESORATIVE.

Lac Sulphur, - 8 drachms

Sugar of Lead, - 8 drachms

Glycerine, - 8 ounces

Bay Rum, - 8 ounces

Four spoonsful of fine salt and a few drops of Bergamot. Makes half gallon.

BOQUET COSMETIQUE.

Lard and mutton suet, carefully prepare 1 lb. each, white wax 6 oz., melt over a slow fire; essence of Bergamot 1 oz. Run into moulds, wrap in tin foil, label and it is ready for use.

TO CURL THE HAIR.

Olive Oil,	-	-	-	1 pound
Oil of Organum,	-			1 dram
Oil of Rosemary,	-			1 $\frac{1}{4}$ drams

Mix, put small amount on hands, rub well into the roots of the hair.

RAZOR STROP PASTE.

Take the finest superfine flour of emery, nothing but the very finest will do, moisten with Sweet Oil or Vaseline. There is nothing as good for your strops as elbow grease and lather.

VIOLET WATER, Finest Quality.

Extract Violet, with 4 parts dilute Cologne Spirits. Mix and bottle. 1

HAIR POMADE.

(Extra Fine Yellow.)

Yellow Wax	-	-	-	3 ounces
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Castor Oil	-	-	-	5 ounces
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Cotton Seed Oil	-	-	-	2 ounces
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Melt the wax and stir in the other ingredients and perfume to suit.

Oil Bergamot, 20 drops, has our preference.

ANTI-KINK LOTION.

To remove the kinks and straighten the hair; is absolutely harmless and a fine dressing.

Beef Suet	-	-	-	8 ounces
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Yellow wax	-	-	-	1 ounce
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Caster Oil	-	-	-	1 ounce
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Benzoic Acid	-	-	-	5 grains
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Oil of Lemon	-	-	-	1 drachm
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Oil of Casia	-	-	-	8 drops
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Mix the suet and wax; then add caster oil and acid. Let cool and incorporate the other oils.

VIOLET WATER.

Essence of Violet	-	-	-	7 ounces
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Essence of Rose	-	-	-	2½ ounces
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Essence of Cassia	-	-	-	2½ ounces
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Alcohol	-	-	-	32 ounces
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Water may be added if a cheaper preparation is wanted.

We have had a great many calls from barbers for a formula for a cure for Barber's Itch, so we submit the following, which is a good one.

BARBERS' ITCHINE.

Tanic Acid	-	-	90 grains
Lac Sulphur	-	-	180 grains
Oxide Zinc	-	-	1 ounce
Starch	-	-	1 ounce
Petrolatum, (white)	-		2 ounces

Shave every day and apply three times a day until cured, 1 to 3 days.

Another simple remedy which we can recommend for the cure of Barber's Itch in the early stages:

Take the ashes from a good cigar, wet the finger tips with spital and make a kind of paste of the ashes and rub on the parts where the disease is first indicated. We have also recommended its use a great many times for the cure of titter or ring-worm.

MASSAGE JELLY.

Softens the skin, beautifies the complexion, removes all roughness of face and lips. Excellent for use after massage or shaving.

Russian Isinglass	-	108 grains
Clarified Honey	-	1 ounce
Mucilage of Irish Moss		4 ounces
Glycerine	- -	4 ounces
Dis. Water	- -	6 ounces
Oil Nerole	- -	30 drops

Dissolve isinglass and moss in the water by gentle heat; add the other ingredients and strain; then add the oil nerole and put in jars.

DRY SHAMPOO OR SEA FOAM.

Cologne Spirits	-	$\frac{1}{2}$ ounce
Alcohol	- -	1 ounce
Acqua Amonia	-	$1 \frac{1}{2}$ ounces
Dis. Water	- -	6 ounces

Apply and rub until lather first formed has dried, then dust thoroughly with hair duster, which will remove all dandruff. Then dry with towel.

TONIC FOR THE HAIR.

A tonic for the hair is composed of

Glycerine,	-	-	$\frac{1}{4}$ ounce
Cologne,	-	-	6 ounces
Tinct. of Capsicum,	-		20 drops
Tinct. of Spanish Flies,			$1\frac{1}{2}$ drams

CAMPBOR ICE.

For chapped hands or lips; can be used after shaving. Spermacetic Tallow $1\frac{1}{2}$ ozs., Oil of Sweet Almonds 4 tea spoons, Gum Camphor $\frac{3}{4}$ oz. made fine; dissolve over slow fire, stirring until dissolved; pour into moulds if for sale; paper and tin foil if for your own use. Put in a tight box.

MAGIC LINIMENT.

Cotton Seed Oil,	-	4 ounces
Powd. Castile Soap	-	1 ounce
Spirits of Turpentine	-	2 ounces
Strong Ammonia Water		4 ounces
Water sufficient to make one pint.		

This is a good seller when put up in nicely labeled bottles. Try it.

TOOTH WASH.

White Castile Soap	-	3 ounces
Glycerine	- -	5 fl ounces
Water	- - -	20 ounces
Alcohol	- - -	30 ounces
Oil of Peppermint	-	1 dram
Oil of Wintergreen	-	1 dram
Oil of Anise	- -	1 dram
Oil of Cassia	- -	1 dram

WITCH HAZEL CREAM.

White Vaseline	- -	1 3 1/2 ounces
Yellow Wax	- -	2 1/4 ounces
Spermaceti	- - -	2 1/4 ounces
Witch Hazel	- -	3 1/2 ounces
Perfume with Pansy Bls'm		1/2 ounces

Color red with few drops carmine, color snow white with Tr. Bengom, 1 ounce.

ROSE WATER, COLD CREAM.

White Petrolatum	- -	6 ounces
White Wax	- -	1 ounce
Oil Rose	- - -	10 drops

Melt wax and petrolatum and add the Oil Roses while cooling and place in 2-oz large mouth bottles.

FACE BLEACH

Removes all tan and sunburn, leaving the face soft and white.

Tr. Benzoin	-	-	1 drachm
Bichloride Mercury	-	-	1 grain
Emulsion Bitter Almonds	-	-	12 ounces

Dissolve the mercury in the emulsion and add the Tincture of Benzoin. Apply at night.

This preparation does not keep well and should be kept in small opaque bottles. Shake well before using.

COMODONE DESTROYER

Removes all Black heads and Blotches.

Ether	-	-	-	1 ounce
Alcohol	-	-	-	2 drams
Aromatic Spir. Ammonia	-	-	-	2 drachms

Before retiring, bathe the parts with very hot water; dry well and rub thoroughly with this lotion every night, removing all visible black heads.

ALABASTOR CREAM.

Oxide of Zinc	-	1 lb.
Oil of Glycerine	-	2 oz.
Bay Rum	- -	2 oz.
Cologne Water	-	2 oz.
Rose Water	- -	2 oz.
Oil of Bergamot	-	20 drops
Oil of Bitter Almond	-	20 drops
Oil of Lavender	-	20 drops
Oil of Rose	- -	20 droys
Saltpetre	- -	5c.
Borax	- -	5c.

Put oxide of zinc, borax, and saltpetre in a pan and pour over it one gallon of boiling water, stir until cool, strain, and add oils. The lady from whom I got this formula made a good living making this cream and selling it.

WART ERADICATOR

To remove warts, etc.

Calomel	- -	30 grains
Boric Acic	- -	15 grains
Salicylic Acid	-	5 grains
Cannabar	- -	3 grains

Rub into the wart three or four times a day.

MASSAGE PREPARATIONS.

We have no exact formula for making a massage preparation, but we will give you a few of the ingredients used in their manufacture. As none of the ingredients that make a perfect massage keep any great length of time when combined, it is well to make it in small quantities and often. They are butter milk, oxide zinc, rice flour, corn starch, powdered magnesia, and sometimes gum tragacanth or sea moss is used as a body. It is usually colored pink or flesh color with confectioner's red analine. We have, sometimes, in emergencies used pure milk with talcum powder and prepared chalk, which makes a very good preparation. There are quite a number of these preparations on the market, but none will keep any great length of time.

MANICURE VARNISH.

Paraffin Wax	-	-	60 grains
Chlorform	-	-	2 ounces
Oil Rose	-	-	3 drops

After polishing the nails, apply the varnish and rub with chamois skin.



MRS. F. C. BRIDGEFORD.

We have discontinued the Ladies' Department in this book, but have published a book entitled "**The Ladies' Toilet Manual**" devoted exclusively to the ladies. It contains instructions for Manicuring, Hair Dressing, Facial Massage and Chiropodist's Work, also all the latest up-to-date formulas for toilet preparations and other purposes. This book is edited by Mrs. F. C. Bridgeford and will be sent post-paid to any part of the United States upon receipt of **\$1.00**.

TO CLEAN CARPETS.

Good for taking out grease spots, paint, pitch, tar, and for cleaning clothing, gloves, hats, etc. This receipt has been sold all over the country, and has been a great money maker. It can be used for anything that soap is used for, and for taking off grease from the hands of machinists and railroad men it has no equal. I give the exact formula as it was received by me from one who paid \$50 for it.

Two packages of 76 Powder
Shave up one bar of Ivory Soap
One teaspoon of pulverized Alum
Two teaspoons of Borax
One teaspoon of Salt
One gallon of soft water.

Stir all together; boil over a slow fire 30 minutes or until all the soap is thoroughly dissolved. Directions for using: Take a large pan or bucket half full of water; have a large sponge, take a handful of the preparation and work it into the sponge, making a lather until it fills pan or bucket, then use the lather for

cleaning the carpet. When you use up this amount of lather work up more, washing the carpet all over with the sponge the same as you would scrub a floor; let dry and it will be clean and look like new.

TO CLEAN WALL PAPER.

A preparation for cleaning wall paper is made of one quart of Rye Flour, tablespoonful of Plaster Paris; stir together; put in water enough to make a thick dough; bake until done, then it is ready for use. If it gets too hard wet with water; work it up like putty into dough balls. When you first use this care should be taken not to streak the paper. This makes old, dirty wall paper look like new at a very small cost and not much labor.

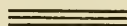
CORN CURE.

Soak a piece of copper in strong vinegar for twenty-four hours. Pour the liquid off and bottle. Apply frequently until the corn is removed.

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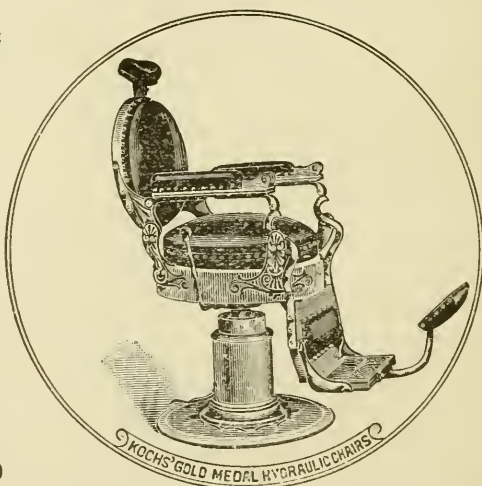
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